

Torneio de Preparação ANC - PC
Condeixa, 1-11-2019

1 - 1ª Sessão

01-11-2019 - 9:00

Prova 1
01-11-2019 - 9:00

Masc., 1500m Livres

Absoluto
Resultados

Pontos: FINA 2019

Lugar			Ano					Tempo final	Pts		
1.	Miguel Caridade, GASPAR		99	Academica de Coimbra				16:52.03	588		
	50m:	31.09 31.09	450m:	5:03.03	34.06	850m:	9:33.75	33.45	1250m:	14:04.19	33.90
	100m:	1:04.48 33.39	500m:	5:37.22	34.19	900m:	10:07.40	33.65	1300m:	14:38.26	34.07
	150m:	1:38.31 33.83	550m:	6:11.06	33.84	950m:	10:40.98	33.58	1350m:	15:12.37	34.11
	200m:	2:12.57 34.26	600m:	6:44.95	33.89	1000m:	11:15.08	34.10	1400m:	15:45.97	33.60
	250m:	2:46.70 34.13	650m:	7:18.91	33.96	1050m:	11:49.14	34.06	1450m:	16:19.80	33.83
	300m:	3:20.83 34.13	700m:	7:52.83	33.92	1100m:	12:22.99	33.85	1500m:	16:52.03	32.23
	350m:	3:55.08 34.25	750m:	8:26.52	33.69	1150m:	12:56.68	33.69			
	400m:	4:28.97 33.89	800m:	9:00.30	33.78	1200m:	13:30.29	33.61			
2.	Paulo Andre, FROTA		02	Condeixa Clube				17:06.38	564		
	50m:	30.86 30.86	450m:	5:00.39	33.72	850m:	9:34.69	34.10	1250m:	14:15.17	35.72
	100m:	1:03.79 32.93	500m:	5:34.20	33.81	900m:	10:09.50	34.81	1300m:	14:50.61	35.44
	150m:	1:37.12 33.33	550m:	6:07.89	33.69	950m:	10:44.51	35.01	1350m:	15:24.78	34.17
	200m:	2:10.80 33.68	600m:	6:41.91	34.02	1000m:	11:19.25	34.74	1400m:	15:58.53	33.75
	250m:	2:44.72 33.92	650m:	7:16.12	34.21	1050m:	11:54.38	35.13	1450m:	16:34.18	35.65
	300m:	3:18.67 33.95	700m:	7:50.59	34.47	1100m:	12:29.35	34.97	1500m:	17:06.38	32.20
	350m:	3:52.84 34.17	750m:	8:25.74	35.15	1150m:	13:04.09	34.74			
	400m:	4:26.67 33.83	800m:	9:00.59	34.85	1200m:	13:39.45	35.36			
3.	Rui Mamede, SANTOS		04	Uniao Coimbra				17:10.10	558		
	50m:	30.46 30.46	450m:	5:07.32	34.40	850m:	9:43.64	34.55	1250m:	14:19.74	34.44
	100m:	1:04.54 34.08	500m:	5:41.84	34.52	900m:	10:18.13	34.49	1300m:	14:54.68	34.94
	150m:	1:39.21 34.67	550m:	6:16.70	34.86	950m:	10:52.45	34.32	1350m:	15:29.58	34.90
	200m:	2:13.77 34.56	600m:	6:50.93	34.23	1000m:	11:26.74	34.29	1400m:	16:03.97	34.39
	250m:	2:48.52 34.75	650m:	7:25.55	34.62	1050m:	12:01.39	34.65	1450m:	16:38.37	34.40
	300m:	3:23.04 34.52	700m:	8:00.18	34.63	1100m:	12:36.19	34.80	1500m:	17:10.10	31.73
	350m:	3:58.11 35.07	750m:	8:34.52	34.34	1150m:	13:10.33	34.14			
	400m:	4:32.92 34.81	800m:	9:09.09	34.57	1200m:	13:45.30	34.97			
4.	Miguel Freitas, OVIEDO		02	Academica de Coimbra				17:29.65	527		
	50m:	32.13 32.13	450m:	5:18.72	36.99	850m:	10:03.14	34.89	1250m:	14:39.35	33.87
	100m:	1:07.74 35.61	500m:	5:54.11	35.39	900m:	10:37.97	34.83	1300m:	15:14.14	34.79
	150m:	1:44.44 36.70	550m:	6:29.04	34.93	950m:	11:13.54	35.57	1350m:	15:48.64	34.50
	200m:	2:19.81 35.37	600m:	7:04.62	35.58	1000m:	11:49.32	35.78	1400m:	16:23.30	34.66
	250m:	2:55.29 35.48	650m:	7:41.10	36.48	1050m:	12:24.46	35.14	1450m:	16:57.01	33.71
	300m:	3:31.34 36.05	700m:	8:17.09	35.99	1100m:	12:58.43	33.97	1500m:	17:29.65	32.64
	350m:	4:06.69 35.35	750m:	8:53.63	36.54	1150m:	13:31.82	33.39			
	400m:	4:41.73 35.04	800m:	9:28.25	34.62	1200m:	14:05.48	33.66			
5.	Bernardo Vinagre, ARZILEIRO		01	Uniao Coimbra				17:29.95	526		
	50m:	31.06 31.06	450m:	5:10.28	34.92	850m:	9:53.44	34.79	1250m:	14:36.13	34.74
	100m:	1:04.89 33.83	500m:	5:45.25	34.97	900m:	10:28.87	35.43	1300m:	15:11.52	35.39
	150m:	1:39.37 34.48	550m:	6:21.06	35.81	950m:	11:04.28	35.41	1350m:	15:46.36	34.84
	200m:	2:14.07 34.70	600m:	6:56.62	35.56	1000m:	11:39.90	35.62	1400m:	16:21.33	34.97
	250m:	2:48.69 34.62	650m:	7:32.01	35.39	1050m:	12:15.41	35.51	1450m:	16:56.27	34.94
	300m:	3:23.89 35.20	700m:	8:07.79	35.78	1100m:	12:50.36	34.95	1500m:	17:29.95	33.68
	350m:	4:00.00 36.11	750m:	8:43.79	36.00	1150m:	13:25.83	35.47			
	400m:	4:35.36 35.36	800m:	9:18.65	34.86	1200m:	14:01.39	35.56			
6.	Francisco Miguel, CARVALHO		00	Academica de Coimbra				17:34.11	520		
	50m:	31.77 31.77	450m:	5:11.95	35.25	850m:	9:55.21	34.88	1250m:	14:38.65	35.42
	100m:	1:06.46 34.69	500m:	5:47.36	35.41	900m:	10:30.55	35.34	1300m:	15:13.80	35.15
	150m:	1:41.09 34.63	550m:	6:22.79	35.43	950m:	11:05.61	35.06	1350m:	15:49.15	35.35
	200m:	2:15.91 34.82	600m:	6:58.05	35.26	1000m:	11:41.30	35.69	1400m:	16:24.52	35.37
	250m:	2:51.09 35.18	650m:	7:33.74	35.69	1050m:	12:16.60	35.30	1450m:	16:59.66	35.14
	300m:	3:25.91 34.82	700m:	8:09.32	35.58	1100m:	12:51.99	35.39	1500m:	17:34.11	34.45
	350m:	4:01.13 35.22	750m:	8:44.58	35.26	1150m:	13:27.63	35.64			
	400m:	4:36.70 35.57	800m:	9:20.33	35.75	1200m:	14:03.23	35.60			

Torneio de Preparação ANC - PC
Condeixa, 1-11-2019

Prova 1, Masc., 1500m Livres, Absoluto

Lugar			Ano			Tempo final	Pts	
7.	Joao Neto, PEREIRA		02	Fundacao Beatriz Santos		17:39.18	513	
	50m:	29.57 29.57	400m:	4:27.24 34.53	750m:	8:34.95 35.60	1100m:	12:47.27 36.47
	100m:	1:02.45 32.88	450m:	5:02.11 34.87	800m:	9:11.02 36.07	1150m:	13:23.61 36.34
	150m:	1:35.91 33.46	500m:	5:37.67 35.56	850m:	9:47.27 36.25	1200m:	14:00.39 36.78
	200m:	2:10.30 34.39	550m:	6:12.77 35.10	900m:	10:23.60 36.33	1250m:	14:36.86 36.47
	250m:	2:44.29 33.99	600m:	6:47.96 35.19	950m:	10:59.28 35.68	1300m:	15:13.50 36.64
	300m:	3:18.63 34.34	650m:	7:23.69 35.73	1000m:	11:34.81 35.53	1400m:	16:27.34 1:13.84
	350m:	3:52.71 34.08	700m:	7:59.35 35.66	1050m:	12:10.80 35.99	1500m:	17:39.18 1:11.84
8.	Rui Joao, MARQUES		02	Nautico Academico		17:41.54	509	
	50m:	31.95 31.95	450m:	5:10.61 35.20	850m:	9:52.05 35.56	1250m:	14:40.19 36.06
	100m:	1:06.22 34.27	500m:	5:45.85 35.24	900m:	10:28.03 35.98	1300m:	15:15.51 35.32
	150m:	1:40.75 34.53	550m:	6:20.40 34.55	950m:	11:03.90 35.87	1350m:	15:51.73 36.22
	200m:	2:15.52 34.77	600m:	6:54.90 34.50	1000m:	11:39.62 35.72	1400m:	16:28.78 37.05
	250m:	2:50.62 35.10	650m:	7:30.14 35.24	1050m:	12:15.53 35.91	1450m:	17:05.72 36.94
	300m:	3:25.29 34.67	700m:	8:05.25 35.11	1100m:	12:51.90 36.37	1500m:	17:41.54 35.82
	350m:	4:00.16 34.87	750m:	8:40.83 35.58	1150m:	13:27.92 36.02		
	400m:	4:35.41 35.25	800m:	9:16.49 35.66	1200m:	14:04.13 36.21		
9.	Dinis Miranda, DIOGO		04	Fundacao Beatriz Santos		17:45.88	503	
	50m:	30.15 30.15	450m:	5:07.71 35.05	850m:	9:53.28 36.19	1250m:	14:44.84 36.90
	100m:	1:04.47 34.32	500m:	5:43.27 35.56	900m:	10:29.18 35.90	1300m:	15:21.63 36.79
	150m:	1:38.68 34.21	550m:	6:18.57 35.30	950m:	11:05.46 36.28	1350m:	15:57.97 36.34
	200m:	2:13.18 34.50	600m:	6:54.37 35.80	1000m:	11:41.91 36.45	1400m:	16:35.03 37.06
	250m:	2:47.89 34.71	650m:	7:30.19 35.82	1050m:	12:18.16 36.25	1450m:	17:11.06 36.03
	300m:	3:22.69 34.80	700m:	8:05.63 35.44	1100m:	12:54.81 36.65	1500m:	17:45.88 34.82
	350m:	3:57.48 34.79	750m:	8:41.20 35.57	1150m:	13:31.62 36.81		
	400m:	4:32.66 35.18	800m:	9:17.09 35.89	1200m:	14:07.94 36.32		
10.	Rodrigo Ribeiro, GOMES		00	Condeixa Clube		17:55.94	489	
	50m:	31.24 31.24	450m:	5:18.30 37.68	850m:	10:08.42 35.92	1250m:	15:00.66 36.30
	100m:	1:05.33 34.09	500m:	5:55.85 37.55	900m:	10:42.60 34.18	1300m:	15:36.19 35.53
	150m:	1:41.75 36.42	550m:	6:31.71 35.86	950m:	11:18.70 36.10	1350m:	16:10.86 34.67
	200m:	2:17.54 35.79	600m:	7:07.40 35.69	1000m:	11:56.10 37.40	1400m:	16:47.88 37.02
	250m:	2:53.23 35.69	650m:	7:42.92 35.52	1050m:	12:33.60 37.50	1450m:	17:24.34 36.46
	300m:	3:29.14 35.91	700m:	8:18.96 36.04	1100m:	13:10.44 36.84	1500m:	17:55.94 31.60
	350m:	4:04.93 35.79	750m:	8:56.22 37.26	1150m:	13:46.79 36.35		
	400m:	4:40.62 35.69	800m:	9:32.50 36.28	1200m:	14:24.36 37.57		
11.	David Valdagua, COUTINHO		03	Uniao Coimbra		18:10.51	470	
	50m:	32.43 32.43	450m:	5:19.01 36.51	850m:	10:09.90 35.62	1250m:	15:05.12 37.79
	100m:	1:07.08 34.65	500m:	5:55.43 36.42	900m:	10:46.29 36.39	1300m:	15:42.65 37.53
	150m:	1:42.89 35.81	550m:	6:31.89 36.46	950m:	11:22.42 36.13	1350m:	16:20.34 37.69
	200m:	2:18.08 35.19	600m:	7:09.05 37.16	1000m:	11:59.20 36.78	1400m:	16:58.08 37.74
	250m:	2:54.10 36.02	650m:	7:46.08 37.03	1050m:	12:36.11 36.91	1450m:	17:34.89 36.81
	300m:	3:30.05 35.95	700m:	8:23.20 37.12	1100m:	13:12.56 36.45	1500m:	18:10.51 35.62
	350m:	4:06.23 36.18	750m:	8:58.32 35.12	1150m:	13:49.93 37.37		
	400m:	4:42.50 36.27	800m:	9:34.28 35.96	1200m:	14:27.33 37.40		
12.	Afonso Miguel, AMADO		05	Miranda do Corvo		18:28.93	447	
	50m:	31.76 31.76	450m:	5:21.31 36.54	850m:	10:20.01 37.63	1250m:	15:21.30 37.70
	100m:	1:07.11 35.35	500m:	5:58.32 37.01	900m:	10:57.70 37.69	1300m:	15:59.36 38.06
	150m:	1:43.35 36.24	550m:	6:35.09 36.77	950m:	11:35.40 37.70	1350m:	16:37.27 37.91
	200m:	2:19.37 36.02	600m:	7:12.06 36.97	1000m:	12:13.34 37.94	1400m:	17:15.03 37.76
	250m:	2:55.83 36.46	650m:	7:49.78 37.72	1050m:	12:51.03 37.69	1450m:	17:52.38 37.35
	300m:	3:32.15 36.32	700m:	8:27.09 37.31	1100m:	13:28.43 37.40	1500m:	18:28.93 36.55
	350m:	4:08.16 36.01	750m:	9:04.54 37.45	1150m:	14:05.93 37.50		
	400m:	4:44.77 36.61	800m:	9:42.38 37.84	1200m:	14:43.60 37.67		
13.	Afonso Corte-Real, GRILO		04	Fundacao Beatriz Santos		18:38.65	435	
	50m:	33.47 33.47	450m:	5:31.89 37.31	850m:	10:31.83 37.11	1250m:	15:33.05 37.39
	100m:	1:09.53 36.06	500m:	6:09.24 37.35	900m:	11:09.20 37.37	1300m:	16:10.39 37.34
	150m:	1:47.46 37.93	550m:	6:46.50 37.26	950m:	11:46.71 37.51	1350m:	16:48.74 38.35
	200m:	2:24.69 37.23	600m:	7:24.98 38.48	1000m:	12:24.52 37.81	1400m:	17:26.44 37.70
	250m:	3:02.10 37.41	650m:	8:02.19 37.21	1050m:	13:02.15 37.63	1450m:	18:04.02 37.58
	300m:	3:39.70 37.60	700m:	8:39.51 37.32	1100m:	13:40.27 38.12	1500m:	18:38.65 34.63
	350m:	4:17.19 37.49	750m:	9:17.12 37.61	1150m:	14:17.98 37.71		
	400m:	4:54.58 37.39	800m:	9:54.72 37.60	1200m:	14:55.66 37.68		

Torneio de Preparação ANC - PC
Condeixa, 1-11-2019

Prova 1, Masc., 1500m Livres, Absoluto

Lugar			Ano					Tempo final	Pts		
14.	Joao Neves, ALMEIDA		05	Fundacao Beatriz Santos				18:50.90	421		
	50m:	32.95 32.95	450m:	5:32.85	37.61	850m:	10:36.97	38.68	1250m:	15:43.63	38.42
	100m:	1:09.19 36.24	500m:	6:10.74	37.89	900m:	11:14.82	37.85	1300m:	16:21.94	38.31
	150m:	1:47.08 37.89	550m:	6:48.08	37.34	950m:	11:53.13	38.31	1350m:	17:00.40	38.46
	200m:	2:24.71 37.63	600m:	7:26.23	38.15	1000m:	12:31.72	38.59	1400m:	17:38.27	37.87
	250m:	3:02.36 37.65	650m:	8:04.56	38.33	1050m:	13:09.89	38.17	1450m:	18:15.82	37.55
	300m:	3:40.09 37.73	700m:	8:42.29	37.73	1100m:	13:47.65	37.76	1500m:	18:50.90	35.08
	350m:	4:17.60 37.51	750m:	9:20.46	38.17	1150m:	14:26.66	39.01			
	400m:	4:55.24 37.64	800m:	9:58.29	37.83	1200m:	15:05.21	38.55			
15.	Duarte Jose, FERNANDES		06	Uniao Coimbra				19:09.52	401		
	50m:	35.09 35.09	400m:	5:04.31	39.04	750m:	9:34.31	38.69	1100m:	14:04.65	39.04
	100m:	1:13.04 37.95	450m:	5:42.44	38.13	800m:	10:14.13	39.82	1150m:	14:42.86	38.21
	150m:	1:51.22 38.18	500m:	6:21.13	38.69	850m:	10:52.79	38.66	1200m:	15:21.81	38.95
	200m:	2:29.91 38.69	550m:	6:59.62	38.49	900m:	11:30.84	38.05	1300m:	16:39.87	1:18.06
	250m:	3:08.15 38.24	600m:	7:38.05	38.43	950m:	12:08.77	37.93	1400m:	17:56.68	1:16.81
	300m:	3:46.32 38.17	650m:	8:16.39	38.34	1000m:	12:47.64	38.87	1500m:	19:09.52	1:12.84
	350m:	4:25.27 38.95	700m:	8:55.62	39.23	1050m:	13:25.61	37.97			
16.	Renato Maria, FERREIRA		04	Vigor da Mocidade				19:23.11	387		
	50m:	33.05 33.05	450m:	5:42.55	39.47	850m:	10:55.33	38.93	1250m:	16:09.67	39.32
	100m:	1:10.92 37.87	500m:	6:21.43	38.88	900m:	11:33.89	38.56	1300m:	16:48.80	39.13
	150m:	1:48.97 38.05	550m:	7:00.12	38.69	950m:	12:12.73	38.84	1350m:	17:28.56	39.76
	200m:	2:27.93 38.96	600m:	7:39.55	39.43	1000m:	12:52.26	39.53	1400m:	18:07.23	38.67
	250m:	3:06.43 38.50	650m:	8:19.03	39.48	1050m:	13:32.17	39.91	1450m:	18:46.24	39.01
	300m:	3:45.64 39.21	700m:	8:57.58	38.55	1100m:	14:11.39	39.22	1500m:	19:23.11	36.87
	350m:	4:24.58 38.94	750m:	9:37.28	39.70	1150m:	14:51.11	39.72			
	400m:	5:03.08 38.50	800m:	10:16.40	39.12	1200m:	15:30.35	39.24			
17.	Filipe Cruz, SIMOES		06	Miranda do Corvo				20:01.80	351		
	50m:	35.90 35.90	450m:	6:01.15	40.85	850m:	11:23.06	40.25	1250m:	16:45.02	40.39
	100m:	1:15.70 39.80	500m:	6:41.91	40.76	900m:	12:03.31	40.25	1300m:	17:24.92	39.90
	150m:	1:56.86 41.16	550m:	7:21.27	39.36	950m:	12:43.75	40.44	1350m:	18:05.25	40.33
	200m:	2:37.58 40.72	600m:	8:02.08	40.81	1000m:	13:24.66	40.91	1400m:	18:44.86	39.61
	250m:	3:18.25 40.67	650m:	8:42.24	40.16	1050m:	14:04.17	39.51	1450m:	19:24.26	39.40
	300m:	3:58.41 40.16	700m:	9:22.72	40.48	1100m:	14:43.75	39.58	1500m:	20:01.80	37.54
	350m:	4:39.05 40.64	750m:	10:02.63	39.91	1150m:	15:23.85	40.10			
	400m:	5:20.30 41.25	800m:	10:42.81	40.18	1200m:	16:04.63	40.78			
18.	Afonso Vidal, TOMAS		06	Louzan Natacao				21:00.15	304		
	50m:	37.25 37.25	450m:	6:15.17	42.44	850m:	11:52.87	42.36	1250m:	17:33.13	42.31
	100m:	1:18.81 41.56	500m:	6:57.45	42.28	900m:	12:35.61	42.74	1300m:	18:15.46	42.33
	150m:	2:01.18 42.37	550m:	7:39.82	42.37	950m:	13:18.64	43.03	1350m:	18:56.63	41.17
	200m:	2:43.48 42.30	600m:	8:21.81	41.99	1000m:	14:00.73	42.09	1400m:	19:38.60	41.97
	250m:	3:26.12 42.64	650m:	9:04.04	42.23	1050m:	14:43.64	42.91	1450m:	20:20.23	41.63
	300m:	4:08.68 42.56	700m:	9:46.04	42.00	1100m:	15:25.85	42.21	1500m:	21:00.15	39.92
	350m:	4:50.54 41.86	750m:	10:28.51	42.47	1150m:	16:08.16	42.31			
	400m:	5:32.73 42.19	800m:	11:10.51	42.00	1200m:	16:50.82	42.66			
19.	Alexandre, DZYAKANAV		07	Louzan Natacao				21:17.45	292		
	50m:	39.11 39.11	450m:	6:21.42	42.83	850m:	12:07.52	42.38	1250m:	17:49.69	42.67
	100m:	1:21.33 42.22	500m:	7:04.89	43.47	900m:	12:50.79	43.27	1300m:	18:32.11	42.42
	150m:	2:03.77 42.44	550m:	7:48.54	43.65	950m:	13:35.11	44.32	1350m:	19:14.11	42.00
	200m:	2:46.69 42.92	600m:	8:32.25	43.71	1000m:	14:17.06	41.95	1400m:	19:56.22	42.11
	250m:	3:30.13 43.44	650m:	9:15.41	43.16	1050m:	14:59.83	42.77	1450m:	20:37.87	41.65
	300m:	4:13.05 42.92	700m:	9:58.45	43.04	1100m:	15:42.02	42.19	1500m:	21:17.45	39.58
	350m:	4:55.93 42.88	750m:	10:41.81	43.36	1150m:	16:24.55	42.53			
	400m:	5:38.59 42.66	800m:	11:25.14	43.33	1200m:	17:07.02	42.47			
20.	Francisco Couto, FRAZAO		06	Uniao Coimbra				21:30.91	283		
	50m:	38.55 38.55	450m:	6:28.11	43.98	850m:	12:18.48	43.23	1250m:	18:07.47	43.20
	100m:	1:21.67 43.12	500m:	7:12.62	44.51	900m:	13:03.21	44.73	1300m:	18:49.49	42.02
	150m:	2:05.07 43.40	550m:	7:55.87	43.25	950m:	13:47.05	43.84	1350m:	19:31.12	41.63
	200m:	2:48.65 43.58	600m:	8:40.32	44.45	1000m:	14:31.01	43.96	1400m:	20:12.61	41.49
	250m:	3:33.02 44.37	650m:	9:23.40	43.08	1050m:	15:13.63	42.62	1450m:	20:53.72	41.11
	300m:	4:16.51 43.49	700m:	10:07.23	43.83	1100m:	15:58.69	45.06	1500m:	21:30.91	37.19
	350m:	5:00.72 44.21	750m:	10:51.11	43.88	1150m:	16:41.41	42.72			
	400m:	5:44.13 43.41	800m:	11:35.25	44.14	1200m:	17:24.27	42.86			

Torneio de Preparação ANC - PC
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Prova 1, Masc., 1500m Livres, Absoluto

Lugar			Ano					Tempo final	Pts		
21.	Rodrigo Neves, DUARTE		06	Louzan Natacao				21:47.29	273		
	50m:	38.67 38.67	450m:	6:30.43	44.05	850m:	12:19.78	44.07	1250m:	18:11.63	43.83
	100m:	1:22.14 43.47	500m:	7:13.63	43.20	900m:	13:04.37	44.59	1300m:	18:54.94	43.31
	150m:	2:05.68 43.54	550m:	7:56.87	43.24	950m:	13:48.87	44.50	1350m:	19:38.84	43.90
	200m:	2:49.36 43.68	600m:	8:40.67	43.80	1000m:	14:32.82	43.95	1400m:	20:23.72	44.88
	250m:	3:33.50 44.14	650m:	9:24.51	43.84	1050m:	15:16.69	43.87	1450m:	21:07.48	43.76
	300m:	4:17.51 44.01	700m:	10:09.15	44.64	1100m:	15:59.92	43.23	1500m:	21:47.29	39.81
	350m:	5:01.91 44.40	750m:	10:52.28	43.13	1150m:	16:44.11	44.19			
	400m:	5:46.38 44.47	800m:	11:35.71	43.43	1200m:	17:27.80	43.69			
22.	Diogo Rodrigues, CARVALHO		05	Vigor da Mocidade				21:47.56	272		
	50m:	36.98 36.98	450m:	6:30.21	46.92	850m:	12:22.54	42.93	1250m:	18:13.88	44.48
	100m:	1:19.17 42.19	500m:	7:15.20	44.99	900m:	13:05.75	43.21	1300m:	18:57.55	43.67
	150m:	2:02.29 43.12	550m:	7:58.39	43.19	950m:	13:50.73	44.98	1350m:	19:42.88	45.33
	200m:	2:46.13 43.84	600m:	8:42.74	44.35	1000m:	14:35.34	44.61	1400m:	20:26.69	43.81
	250m:	3:29.53 43.40	650m:	9:26.33	43.59	1050m:	15:17.94	42.60	1450m:	21:09.79	43.10
	300m:	4:13.46 43.93	700m:	10:10.33	44.00	1100m:	16:00.91	42.97	1500m:	21:47.56	37.77
	350m:	4:58.19 44.73	750m:	10:54.46	44.13	1150m:	16:44.76	43.85			
	400m:	5:43.29 45.10	800m:	11:39.61	45.15	1200m:	17:29.40	44.64			
23.	Henrique Tavares, DIAS		06	Nautico Academico				21:48.96	271		
	50m:	38.11 38.11	450m:	6:27.80	45.04	850m:	12:23.02	43.97	1250m:	18:15.12	44.22
	100m:	1:19.83 41.72	500m:	7:12.35	44.55	900m:	13:07.45	44.43	1300m:	18:59.56	44.44
	150m:	2:03.06 43.23	550m:	7:57.61	45.26	950m:	13:51.40	43.95	1350m:	19:43.52	43.96
	200m:	2:46.20 43.14	600m:	8:41.39	43.78	1000m:	14:35.38	43.98	1400m:	20:26.87	43.35
	250m:	3:29.78 43.58	650m:	9:26.00	44.61	1050m:	15:19.11	43.73	1450m:	21:09.78	42.91
	300m:	4:13.52 43.74	700m:	10:10.82	44.82	1100m:	16:02.98	43.87	1500m:	21:48.96	39.18
	350m:	4:58.23 44.71	750m:	10:54.78	43.96	1150m:	16:46.84	43.86			
	400m:	5:42.76 44.53	800m:	11:39.05	44.27	1200m:	17:30.90	44.06			
24.	Goncalo Dinis, NEVES		07	Nautico Academico				24:00.27	204		
	50m:	39.47 39.47	450m:	6:52.50	48.92	850m:	13:24.92	48.93	1250m:	20:02.49	49.75
	100m:	1:23.04 43.57	500m:	7:41.79	49.29	900m:	14:13.69	48.77	1300m:	20:52.14	49.65
	150m:	2:07.82 44.78	550m:	8:30.24	48.45	950m:	15:02.31	48.62	1350m:	21:41.08	48.94
	200m:	2:54.03 46.21	600m:	9:19.19	48.95	1000m:	15:52.11	49.80	1400m:	22:29.92	48.84
	250m:	3:40.68 46.65	650m:	10:07.83	48.64	1050m:	16:41.95	49.84	1450m:	23:17.96	48.04
	300m:	4:28.12 47.44	700m:	10:56.80	48.97	1100m:	17:31.39	49.44	1500m:	24:00.27	42.31
	350m:	5:15.85 47.73	750m:	11:45.96	49.16	1150m:	18:22.06	50.67			
	400m:	6:03.58 47.73	800m:	12:35.99	50.03	1200m:	19:12.74	50.68			

Prova 2
01-11-2019 - 10:05

Femin., 200m Livres

Absoluto
Resultados

Pontos: FINA 2019

Lugar			Ano					Tempo final	Pts		
1.	Ana Rita, QUEIROZ		02	Condeixa Clube				2:11.99	585		
	50m:	30.60 30.60	100m:	1:04.55	33.95	150m:	1:38.54	33.99	200m:	2:11.99	33.45
2.	Maria Carlota, REBELO		03	Louzan Natacao				2:12.80	574		
	50m:	30.56 30.56	100m:	1:03.63	33.07	150m:	1:38.30	34.67	200m:	2:12.80	34.50
3.	Beatriz Costa, TEJO		02	Academica de Coimbra				2:15.69	539		
	50m:	31.35 31.35	100m:	1:06.18	34.83	150m:	1:41.45	35.27	200m:	2:15.69	34.24
4.	Ana Carolina, MONTEIRO		04	Uniao Coimbra				2:16.33	531		
	50m:	31.45 31.45	100m:	1:05.53	34.08	150m:	1:40.84	35.31	200m:	2:16.33	35.49
5.	Joana Beatriz, BERNARDO		99	Fundacao Beatriz Santos				2:16.84	525		
	50m:	32.14 32.14	100m:	1:06.78	34.64	150m:	1:41.95	35.17	200m:	2:16.84	34.89
6.	Ana Carolina, NEVES		00	Academica de Coimbra				2:17.16	521		
	50m:	32.36 32.36	100m:	1:07.04	34.68	150m:	1:42.41	35.37	200m:	2:17.16	34.75
7.	Ines Mariana, PINHEIRO		03	Academica de Coimbra				2:17.29	520		
	50m:	31.40 31.40	100m:	1:05.55	34.15	150m:	1:41.36	35.81	200m:	2:17.29	35.93

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Prova 2, Femin., 200m Livres, Absoluto

Lugar				Ano					Tempo final	Pts
8.	Ana Luisa, RODRIGUES	03	Louzan Natacao					2:18.64	505	
	50m: 33.02 33.02	100m: 1:07.80	34.78	150m: 1:43.21	35.41	200m: 2:18.64	35.43			
9.	Barbara Azambujo, MELO	02	Academica de Coimbra					2:19.07	500	
	50m: 32.62 32.62	100m: 1:07.85	35.23	150m: 1:43.58	35.73	200m: 2:19.07	35.49			
10.	Beatriz Monteiro, TOMAS	03	Fundacao Beatriz Santos					2:19.29	498	
	50m: 32.22 32.22	100m: 1:07.95	35.73	150m: 1:44.21	36.26	200m: 2:19.29	35.08			
11.	Leonor Correia, PAIVA	04	Louzan Natacao					2:19.31	498	
	50m: 31.44 31.44	100m: 1:06.53	35.09	150m: 1:43.62	37.09	200m: 2:19.31	35.69			
12.	Matilde Domingues, GAMEIRO	97	Nautico Academico					2:19.84	492	
	50m: 31.51 31.51	100m: 1:06.17	34.66	150m: 1:43.11	36.94	200m: 2:19.84	36.73			
13.	Matilde Batista, FERREIRA	06	Fundacao Beatriz Santos					2:21.13	479	
	50m: 31.81 31.81	100m: 1:06.88	35.07	150m: 1:44.25	37.37	200m: 2:21.13	36.88			
14.	Ana Filipa, SILVA	04	Academica de Coimbra					2:22.22	468	
	50m: 33.35 33.35	100m: 1:10.11	36.76	150m: 1:46.24	36.13	200m: 2:22.22	35.98			
15.	Maria Caetano, LAMAS	04	Miranda do Corvo					2:23.35	457	
	50m: 32.99 32.99	100m: 1:09.64	36.65	150m: 1:47.15	37.51	200m: 2:23.35	36.20			
16.	Catarina Cunha, BELO	06	Fundacao Beatriz Santos					2:23.62	454	
	50m: 33.49 33.49	100m: 1:09.84	36.35	150m: 1:47.27	37.43	200m: 2:23.62	36.35			
17.	Barbara Almeida, SIMOES	05	Uniao Coimbra					2:24.42	447	
	50m: 32.28 32.28	100m: 1:08.62	36.34	150m: 1:46.59	37.97	200m: 2:24.42	37.83			
18.	Marta Domingues, GAMEIRO	04	Nautico Academico					2:24.55	445	
	50m: 34.64 34.64	100m: 1:11.36	36.72	150m: 1:48.12	36.76	200m: 2:24.55	36.43			
19.	Beatriz Silva, NEVES	06	Fundacao Beatriz Santos					2:25.18	440	
	50m: 33.94 33.94	100m: 1:10.53	36.59	150m: 1:47.81	37.28	200m: 2:25.18	37.37			
20.	Matilde Fonseca, OLIVEIRA	06	Miranda do Corvo					2:25.24	439	
	50m: 34.22 34.22	100m: 1:10.17	35.95	150m: 1:47.91	37.74	200m: 2:25.24	37.33			
21.	Joana Ventura, PAIS	06	Fundacao Beatriz Santos					2:25.92	433	
	50m: 34.19 34.19	100m: 1:11.69	37.50	150m: 1:49.02	37.33	200m: 2:25.92	36.90			
22.	Ana Sofia, CASTANHEIRA	04	Condeixa Clube					2:27.22	422	
	50m: 34.72 34.72	100m: 1:11.95	37.23	150m: 1:50.08	38.13	200m: 2:27.22	37.14			
23.	Madalena Barra, MEDEIROS	06	Vigor da Mocidade					2:27.27	421	
	50m: 33.17 33.17	100m: 1:10.89	37.72	150m: 1:49.07	38.18	200m: 2:27.27	38.20			
24.	Matilde Neves, CRAVEIRO	06	Academica de Coimbra					2:27.99	415	
	50m: 34.31 34.31	100m: 1:11.32	37.01	150m: 1:49.74	38.42	200m: 2:27.99	38.25			
25.	Beatriz Pereira, MARQUES	05	Columbifila Cantanhedense					2:29.71	401	
	50m: 35.92 35.92	100m: 1:14.04	38.12	150m: 1:52.66	38.62	200m: 2:29.71	37.05			
26.	Ines Alves, DIAS	06	Fundacao Beatriz Santos					2:29.75	401	
	50m: 34.93 34.93	100m: 1:12.94	38.01	150m: 1:51.95	39.01	200m: 2:29.75	37.80			
27.	Mariana Marques, ALMEIDA	07	Academica de Coimbra					2:30.05	398	
	50m: 35.29 35.29	100m: 1:13.88	38.59	150m: 1:52.82	38.94	200m: 2:30.05	37.23			
28.	Dania Rodrigues, SIMOES	07	Louzan Natacao					2:30.45	395	
	50m: 36.05 36.05	100m: 1:14.46	38.41	150m: 1:53.18	38.72	200m: 2:30.45	37.27			
29.	Leonor Horta, COSTA	04	Uniao Coimbra					2:30.83	392	
	50m: 35.43 35.43	100m: 1:13.70	38.27	150m: 1:52.62	38.92	200m: 2:30.83	38.21			
30.	Laura Rodrigues, MARGATO	04	Academica de Coimbra					2:30.95	391	
	50m: 34.84 34.84	100m: 1:13.49	38.65	150m: 1:53.22	39.73	200m: 2:30.95	37.73			
31.	Bruna Cruz, CARVALHO	03	S. Pedro Alva					2:32.16	382	
	50m: 34.34 34.34	100m: 1:13.12	38.78	150m: 1:53.18	40.06	200m: 2:32.16	38.98			

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Prova 2, Femin., 200m Livres, Absoluto

Lugar			Ano					Tempo final	Pts
32.	Diana Costa, OLIVEIRA	04	Uniao Coimbra				2:32.60	378	
	50m: 36.31 36.31	100m: 1:15.63	39.32	150m: 1:55.24	39.61	200m: 2:32.60	37.36		
33.	Mariana Fonseca, SILVA	06	Condeixa Clube				2:33.40	373	
	50m: 35.49 35.49	100m: 1:14.92	39.43	150m: 1:55.21	40.29	200m: 2:33.40	38.19		
34.	Beatriz Sa, GAMA	05	Condeixa Clube				2:34.09	368	
	50m: 34.84 34.84	100m: 1:13.92	39.08	150m: 1:53.73	39.81	200m: 2:34.09	40.36		
35.	Kateryna, DZYAKANAVA	05	Louzan Natacao				2:34.56	364	
	50m: 35.29 35.29	100m: 1:14.16	38.87	150m: 1:54.79	40.63	200m: 2:34.56	39.77		
36.	Maria Ines, ALVES	05	Academica de Coimbra				2:35.52	358	
	50m: 35.07 35.07	100m: 1:14.86	39.79	150m: 1:55.98	41.12	200m: 2:35.52	39.54		
37.	Maria Beatriz, RODRIGUES	04	Condeixa Clube				2:35.80	356	
	50m: 36.30 36.30	100m: 1:16.20	39.90	150m: 1:56.67	40.47	200m: 2:35.80	39.13		
38.	Ines Dias, CRUZ	04	Condeixa Clube				2:36.60	350	
	50m: 36.58 36.58	100m: 1:16.73	40.15	150m: 1:57.35	40.62	200m: 2:36.60	39.25		
39.	Cristiana Sofia, ESCADA	07	Academica de Coimbra				2:37.29	346	
	50m: 36.30 36.30	100m: 1:16.96	40.66	150m: 1:59.08	42.12	200m: 2:37.29	38.21		
40.	Filipa Moniz, PISSARRO	05	Academica de Coimbra				2:39.91	329	
	50m: 36.66 36.66	100m: 1:17.59	40.93	150m: 1:59.25	41.66	200m: 2:39.91	40.66		
41.	Beatriz Beja, AFONSO	04	Academica de Coimbra				2:40.06	328	
	50m: 36.99 36.99	100m: 1:18.24	41.25	150m: 1:59.78	41.54	200m: 2:40.06	40.28		
42.	Filipa Victor, VIEIRA	04	Academica de Coimbra				2:40.85	323	
	50m: 35.51 35.51	100m: 1:14.93	39.42	150m: 1:57.62	42.69	200m: 2:40.85	43.23		
43.	Helena Carolina, DINIS	05	Academica de Coimbra				2:42.43	314	
	50m: 36.38 36.38	100m: 1:17.31	40.93	150m: 2:00.74	43.43	200m: 2:42.43	41.69		
44.	Cristiana Sofia, DUARTE	07	Vigor da Mocidade				2:45.71	295	
	50m: 35.21 35.21	100m: 1:16.71	41.50	150m: 2:00.92	44.21	200m: 2:45.71	44.79		
45.	Joana Beatriz, RODRIGUES	04	Academica de Coimbra				2:46.25	293	
	50m: 38.73 38.73	100m: 1:21.23	42.50	150m: 2:04.88	43.65	200m: 2:46.25	41.37		
46.	Ana Beatriz, CAMPOS	08	Academica de Coimbra				2:48.63	280	
	50m: 38.62 38.62	100m: 1:22.33	43.71	150m: 2:06.54	44.21	200m: 2:48.63	42.09		
47.	Luna Almeida, RODRIGUES	07	Columbofila Cantanhedense				2:49.72	275	
	50m: 40.03 40.03	100m: 1:23.31	43.28	150m: 2:06.82	43.51	200m: 2:49.72	42.90		
48.	Beatriz Pereira, ANDRADE	06	Condeixa Clube				2:52.17	263	
	50m: 39.24 39.24	100m: 1:22.82	43.58	150m: 2:08.31	45.49	200m: 2:52.17	43.86		
49.	Leonor Duarte, VEIGA	07	Vigor da Mocidade				2:56.30	245	
	50m: 40.03 40.03	100m: 1:26.40	46.37	150m: 2:13.38	46.98	200m: 2:56.30	42.92		
50.	Mariana Vaz, ALVES	06	Academica de Coimbra				2:56.47	245	
	50m: 39.95 39.95	100m: 1:25.37	45.42	150m: 2:12.68	47.31	200m: 2:56.47	43.79		
51.	Margarida Porto, SOUSA	08	Columbofila Cantanhedense				2:57.43	241	
	50m: 40.10 40.10	100m: 1:25.73	45.63	150m: 2:12.61	46.88	200m: 2:57.43	44.82		
52.	Catarina Sargaco, TEIXEIRA	08	Columbofila Cantanhedense				2:57.88	239	
	50m: 42.51 42.51	100m: 1:27.32	44.81	150m: 2:13.67	46.35	200m: 2:57.88	44.21		
53.	Camilla, PARIOTA	04	Uniao Coimbra				2:59.61	232	
	50m: 40.56 40.56	100m: 1:26.30	45.74	150m: 2:13.61	47.31	200m: 2:59.61	46.00		
54.	Matilde Rodrigues, COSTA	07	S. Pedro Alva				3:00.15	230	
	50m: 39.78 39.78	100m: 1:25.39	45.61	150m: 2:13.74	48.35	200m: 3:00.15	46.41		
55.	Rita Mendes, SANTOS	06	Vigor da Mocidade				3:10.56	194	
	50m: 42.93 42.93	100m: 1:33.04	50.11	150m: 2:24.09	51.05	200m: 3:10.56	46.47		

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Prova 2, Femin., 200m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
56. Carolina Vaz, ALVES 50m: 45.39 45.39 100m: 1:34.86 49.47 150m: 2:25.44 50.58 200m: 3:11.02 45.58	08 Academica de Coimbra	3:11.02	193
57. Mariana Santos, ALMEIDA 50m: 42.75 42.75 100m: 1:31.93 49.18 150m: 2:24.68 52.75 200m: 3:12.14 47.46	08 Columbofila Cantanhedense	3:12.14	189
58. Ines Serralheiro, SANTOS 50m: 44.80 44.80 100m: 1:35.53 50.73 150m: 2:26.26 50.73 200m: 3:15.99 49.73	08 Columbofila Cantanhedense	3:15.99	178
59. Xenia Angelica, KOZIY 50m: 41.56 41.56 100m: 1:32.37 50.81 150m: 2:24.09 51.72 200m: 3:17.13 53.04	06 Condeixa Clube	3:17.13	175
60. Rafaela Ferreira, MIGUEL 50m: 45.01 45.01 100m: 1:35.72 50.71 150m: 2:27.53 51.81 200m: 3:18.11 50.58	06 S. Pedro Alva	3:18.11	173
61. Ines Henriques, SOUSA 50m: 44.83 44.83 100m: 1:35.50 50.67 150m: 2:28.64 53.14 200m: 3:20.31 51.67	04 S. Pedro Alva	3:20.31	167
62. Filipa Pereira, SILVA 50m: 42.51 42.51 100m: 1:33.68 51.17 150m: 2:29.72 56.04 200m: 3:24.01 54.29	04 S. Pedro Alva	3:24.01	158
63. Lara Sofia, SANTOS 50m: 47.65 47.65 100m: 1:43.89 56.24 150m: 2:41.73 57.84 200m: 3:36.20 54.47	06 Vigor da Mocidade	3:36.20	133
DSQ Laura Torrao, CARVALHO <i>Falsa partida</i>	05 Nautico Academico		
DSQ Rita Isabel, NEVES <i>Falsa partida</i>	08 CASPAE		
DNS Ana Sequeira, FLORINDO	02 Nautico Academico		
DNS Angela Rodrigues, REBELO	07 Louzan Natacao		
DNS Camila Rodrigues, REBELO	03 Louzan Natacao		

Prova 3

Masc., 200m Bruços

Absoluto

01-11-2019 - 10:40

Resultados

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Pedro Simoes, RODRIGUES 50m: 34.37 34.37 100m: 1:11.50 37.13 150m: 1:48.28 36.78 200m: 2:26.25 37.97	01 Uniao Coimbra	2:26.25	554
2. Joaquim Agra, MERUJE 50m: 33.07 33.07 100m: 1:09.95 36.88 150m: 1:48.12 38.17 200m: 2:27.60 39.48	01 Uniao Coimbra	2:27.60	539
3. Miguel Diogo, AGOSTINHO 50m: 33.23 33.23 100m: 1:11.33 38.10 150m: 1:51.33 40.00 200m: 2:31.52 40.19	00 Fundacao Beatriz Santos	2:31.52	498
4. Alexandre Miguel, BRAS 50m: 33.78 33.78 100m: 1:12.45 38.67 150m: 1:52.42 39.97 200m: 2:32.23 39.81	03 S. Pedro Alva	2:32.23	491
5. Lucas Pereira, BASTOS 50m: 35.46 35.46 100m: 1:15.08 39.62 150m: 1:54.54 39.46 200m: 2:34.51 39.97	00 Nautico Academico	2:34.51	470
6. Andre Gouveia, COSTA 50m: 35.72 35.72 100m: 1:14.69 38.97 150m: 1:54.31 39.62 200m: 2:36.14 41.83	01 Condeixa Clube	2:36.14	455
7. Joao Ventura, PAIS 50m: 35.86 35.86 100m: 1:16.23 40.37 150m: 1:56.44 40.21 200m: 2:36.79 40.35	02 Fundacao Beatriz Santos	2:36.79	450
8. Goncalo Silva, MARQUES 50m: 36.15 36.15 100m: 1:15.75 39.60 150m: 1:56.90 41.15 200m: 2:38.80 41.90	01 Condeixa Clube	2:38.80	433
9. Rafael Alves, CAMPOS 50m: 35.47 35.47 100m: 1:16.52 41.05 150m: 1:58.66 42.14 200m: 2:40.30 41.64	04 S. Pedro Alva	2:40.30	421
10. Vasco Pereira, BASTOS 50m: 36.03 36.03 100m: 1:16.57 40.54 150m: 1:58.58 42.01 200m: 2:41.77 43.19	02 Nautico Academico	2:41.77	409

Torneio de Preparação ANC - PC
Condeixa, 1-11-2019

Prova 3, Masc., 200m Bruços, Absoluto

Lugar				Ano					Tempo final	Pts
11.	Goncalo Brites, MOITA	04	Uniao Coimbra					2:41.97	408	
	50m: 36.04 36.04	100m: 1:17.23	41.19	150m: 1:59.86	42.63	200m: 2:41.97	42.11			
12.	Claudio Rafael, CORDEIRO	02	Condeixa Clube					2:43.61	396	
	50m: 37.94 37.94	100m: 1:20.21	42.27	150m: 2:01.64	41.43	200m: 2:43.61	41.97			
13.	Manuel Baptista, SIMOES	03	Uniao Coimbra					2:44.45	390	
	50m: 35.54 35.54	100m: 1:16.38	40.84	150m: 1:59.74	43.36	200m: 2:44.45	44.71			
14.	Goncalo Moreira, SANTOS	01	Academica de Coimbra					2:44.63	388	
	50m: 36.61 36.61	100m: 1:18.23	41.62	150m: 2:01.69	43.46	200m: 2:44.63	42.94			
15.	Francisco Alberto, LUCAS	00	Academica de Coimbra					2:47.49	369	
	50m: 36.07 36.07	100m: 1:18.70	42.63	150m: 2:03.22	44.52	200m: 2:47.49	44.27			
16.	Diogo Luis, BREDA	01	Academica de Coimbra					2:49.08	358	
	50m: 37.41 37.41	100m: 1:20.32	42.91	150m: 2:04.15	43.83	200m: 2:49.08	44.93			
17.	Jose Miguel, SILVA	02	Nautico Academico					2:53.12	334	
	50m: 39.21 39.21	100m: 1:22.87	43.66	150m: 2:08.16	45.29	200m: 2:53.12	44.96			
18.	Carlos Eduardo, BENTO	05	Miranda do Corvo					2:53.26	333	
	50m: 39.93 39.93	100m: 1:24.37	44.44	150m: 2:09.50	45.13	200m: 2:53.26	43.76			
19.	Goncalo Daniel, OLIVEIRA	04	Fundacao Beatriz Santos					2:54.35	327	
	50m: 39.33 39.33	100m: 1:24.42	45.09	150m: 2:10.93	46.51	200m: 2:54.35	43.42			
20.	Pedro Miguel, FLORIDO	04	Fundacao Beatriz Santos					2:54.92	324	
	50m: 40.18 40.18	100m: 1:26.36	46.18	150m: 2:11.39	45.03	200m: 2:54.92	43.53			
21.	Goncalo Carvalho, SANTOS	05	Louzan Natacao					2:55.23	322	
	50m: 38.43 38.43	100m: 1:22.93	44.50	150m: 2:08.67	45.74	200m: 2:55.23	46.56			
22.	Bernardo Jorge, VENTURA	03	Academica de Coimbra					2:55.96	318	
	50m: 39.30 39.30	100m: 1:23.64	44.34	150m: 2:09.74	46.10	200m: 2:55.96	46.22			
23.	Jose Miguel, ROCHA	05	Columbofila Cantanhedense					3:01.76	288	
	50m: 41.93 41.93	100m: 1:27.94	46.01	150m: 2:15.06	47.12	200m: 3:01.76	46.70			
24.	Gabriel Jose, FIGUEIRA	01	Academica de Coimbra					3:03.17	282	
	50m: 41.08 41.08	100m: 1:27.55	46.47	150m: 1:27.31		200m: 3:03.17	1:35.86			
25.	Pedro Fernandes, CARVALHO	06	Miranda do Corvo					3:03.91	278	
	50m: 42.91 42.91	100m: 1:28.23	45.32	150m: 2:16.95	48.72	200m: 3:03.91	46.96			
26.	Bruno Miguel, NUNES	99	Nautico Academico					3:04.45	276	
	50m: 40.78 40.78	100m: 1:27.81	47.03	150m: 2:15.93	48.12	200m: 3:04.45	48.52			
27.	Ricardo Martins, CARVALHO	03	Fundacao Beatriz Santos					3:04.59	275	
	50m: 42.74 42.74	100m: 1:29.65	46.91	150m: 2:17.49	47.84	200m: 3:04.59	47.10			
28.	Antonio, GLAVATSKY	05	Academica de Coimbra					3:05.11	273	
	50m: 42.02 42.02	100m: 1:29.76	47.74	150m: 2:18.06	48.30	200m: 3:05.11	47.05			
29.	Gustavo Teixeira, PIRES	06	Columbofila Cantanhedense					3:08.97	257	
	50m: 43.64 43.64	100m: 1:31.82	48.18	150m: 2:21.17	49.35	200m: 3:08.97	47.80			
30.	Tomas Alexandre, LARANJEIRA	03	S. Pedro Alva					3:12.48	243	
	50m: 42.64 42.64	100m: 1:31.78	49.14	150m: 2:22.96	51.18	200m: 3:12.48	49.52			
31.	Guilherme Marques, PEREIRA	06	Condeixa Clube					3:13.17	240	
	50m: 43.45 43.45	100m: 1:33.48	50.03	150m: 2:24.10	50.62	200m: 3:13.17	49.07			
32.	Joao Neves, LUCAS	06	Columbofila Cantanhedense					3:15.87	230	
	50m: 44.83 44.83	100m: 1:34.69	49.86	150m: 2:25.34	50.65	200m: 3:15.87	50.53			
33.	Tome Santiago, MENDES	05	Vigor da Mocidade					3:16.95	227	
	50m: 44.31 44.31	100m: 1:34.42	50.11	150m: 2:26.02	51.60	200m: 3:16.95	50.93			
34.	Miguel Joao, PINHEIRO	06	Academica de Coimbra					3:17.32	225	
	50m: 44.94 44.94	100m: 1:34.73	49.79	150m: 2:26.20	51.47	200m: 3:17.32	51.12			

Torneio de Preparação ANC - PC
Condeixa, 1-11-2019

Prova 3, Masc., 200m Bruços, Absoluto

Lugar	Ano	Tempo final	Pts
35. Miguel Bernardo, ARAUJO 50m: 44.73 44.73 100m: 1:36.43 51.70 150m: 2:27.93 51.50 200m: 3:17.58 49.65	06 Condeixa Clube	3:17.58	224
36. Bruno Costa, RODRIGUES 50m: 45.72 45.72 100m: 1:35.92 50.20 150m: 2:27.78 51.86 200m: 3:18.86 51.08	06 Columbofila Cantanhedense	3:18.86	220
37. David Ferreira, SILVA 50m: 47.03 47.03 100m: 1:38.74 51.71 150m: 2:32.35 53.61 200m: 3:25.34 52.99	07 Academica de Coimbra	3:25.34	200
38. Martim Pedro, DUARTE 50m: 46.62 46.62 100m: 1:39.66 53.04 150m: 2:34.13 54.47 200m: 3:29.57 55.44	07 Academica de Coimbra	3:29.57	188
39. Joao Miguel, MARTINS 50m: 45.37 45.37 100m: 1:37.82 52.45 150m: 2:34.84 57.02 200m: 3:30.69 55.85	07 S. Pedro Alva	3:30.69	185
40. Joao Afonso, MACHADO 50m: 52.56 52.56 100m: 1:54.71 1:02.15 150m: 2:57.90 1:03.19 200m: 3:59.77 1:01.87	06 Vigor da Mocidade	3:59.77	125
41. Francisco Jose, SIMOES 50m: 53.43 53.43 100m: 1:53.48 1:00.05 150m: 2:58.83 1:05.35 200m: 4:01.01 1:02.18	07 Vigor da Mocidade	4:01.01	123
DSQ Francisco Cruz, CARVALHO <i>Falsa partida</i>	06 S. Pedro Alva		
DNS Diogo Luis, CANCELA	02 Miranda do Corvo		
DNS Diogo Matos, RIBEIRO	04 Uniao Coimbra		

Prova 4

Femin., 400m Estilos

Absoluto

01-11-2019 - 11:05

Resultados

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Mariana Carmo, ROSA 50m: 34.39 34.39 100m: 1:12.64 38.25 150m: 1:53.01 40.37 200m: 2:32.54 39.53 250m: 3:19.72 47.18 300m: 4:06.03 46.31 350m: 4:41.31 35.28 400m: 5:15.34 34.03	05 Louzan Natacao	5:15.34	553
2. Beatriz Ferreira, GASPAR 50m: 34.74 34.74 100m: 1:12.92 38.18 150m: 1:53.95 41.03 200m: 2:34.39 40.44 250m: 3:21.98 47.59 300m: 4:11.09 49.11 350m: 4:48.31 37.22 400m: 5:24.44 36.13	04 Uniao Coimbra	5:24.44	508
3. Ana Luisa, RODRIGUES 50m: 34.54 34.54 100m: 1:13.78 39.24 150m: 1:55.97 42.19 200m: 2:37.33 41.36 250m: 3:24.14 46.81 300m: 4:12.23 48.09 350m: 4:49.38 37.15 400m: 5:24.55 35.17	03 Louzan Natacao	5:24.55	507
4. Diana Silva, TINOCO 50m: 34.84 34.84 100m: 1:13.49 38.65 150m: 1:55.05 41.56 200m: 2:36.00 40.95 250m: 3:24.45 48.45 300m: 4:12.94 48.49 350m: 4:50.02 37.08 400m: 5:26.27 36.25	06 Columbofila Cantanhedense	5:26.27	499
5. Anita Gouveia, COSTA 50m: 36.48 36.48 100m: 1:18.38 41.90 150m: 2:00.00 41.62 200m: 2:40.45 40.45 250m: 3:30.66 50.21 300m: 4:22.24 51.58 350m: 5:00.47 38.23 400m: 5:37.92 37.45	06 Condeixa Clube	5:37.92	449
6. Maria Caetano, LAMAS 50m: 35.65 35.65 100m: 1:16.67 41.02 150m: 2:03.27 46.60 200m: 2:47.28 44.01 250m: 3:33.39 46.11 300m: 4:20.62 47.23 350m: 5:00.23 39.61 400m: 5:38.38 38.15	04 Miranda do Corvo	5:38.38	448
7. Marta Domingues, GAMEIRO 50m: 39.06 39.06 100m: 1:24.25 45.19 150m: 2:09.09 44.84 200m: 2:54.02 44.93 250m: 3:40.88 46.86 300m: 4:28.89 48.01 350m: 5:06.81 37.92 400m: 5:43.98 37.17	04 Nautico Academico	5:43.98	426
8. Dania Rodrigues, SIMOES 50m: 40.81 40.81 100m: 1:26.32 45.51 150m: 2:09.23 42.91 200m: 2:51.42 42.19 250m: 3:40.35 48.93 300m: 4:30.20 49.85 350m: 5:08.93 38.73 400m: 5:47.10 38.17	07 Louzan Natacao	5:47.10	415
9. Matilde Fonseca, OLIVEIRA 50m: 39.08 39.08 100m: 1:23.80 44.72 150m: 2:06.89 43.09 200m: 2:49.85 42.96 250m: 3:38.33 48.48 300m: 4:29.09 50.76 350m: 5:08.54 39.45 400m: 5:47.56 39.02	06 Miranda do Corvo	5:47.56	413

Torneio de Preparação ANC - PC
Condeixa, 1-11-2019

Prova 4, Femin., 400m Estilos, Absoluto

Lugar	Ano	Tempo final	Pts
10. Beatriz Andre, GASPAR	06 Nautico Academico	5:57.18	381
50m: 37.51 37.51 150m: 2:09.18 46.89 250m: 3:46.20 51.40 350m: 5:17.91 39.82	100m: 1:22.29 44.78 200m: 2:54.80 45.62 300m: 4:38.09 51.89 400m: 5:57.18 39.27		
11. Rita Lima, PIRES	05 Nautico Academico	6:00.59	370
50m: 41.46 41.46 150m: 2:15.70 43.77 250m: 3:48.26 50.14 350m: 5:20.30 41.28	100m: 1:31.93 50.47 200m: 2:58.12 42.42 300m: 4:39.02 50.76 400m: 6:00.59 40.29		
12. Camila Cavaleiro, SILVA	05 Columbofila Cantanhedense	6:00.92	369
50m: 40.16 40.16 150m: 2:15.06 47.00 250m: 3:51.62 50.04 350m: 5:22.15 39.41	100m: 1:28.06 47.90 200m: 3:01.58 46.52 300m: 4:42.74 51.12 400m: 6:00.92 38.77		
13. Joana Filipa, VARELA	06 Nautico Academico	6:03.78	360
50m: 38.47 38.47 150m: 2:10.04 46.22 250m: 3:48.20 54.85 350m: 5:23.20 40.63	100m: 1:23.82 45.35 200m: 2:53.35 43.31 300m: 4:42.57 54.37 400m: 6:03.78 40.58		
14. Maria Fernandes, LOBO	05 Nautico Academico	6:05.29	356
50m: 39.72 39.72 150m: 2:15.96 47.88 250m: 3:54.10 52.39 350m: 5:26.28 39.53	100m: 1:28.08 48.36 200m: 3:01.71 45.75 300m: 4:46.75 52.65 400m: 6:05.29 39.01		
15. Maria Vitoria, GRILO	06 Nautico Academico	6:07.24	350
50m: 35.48 35.48 150m: 2:12.90 49.12 250m: 3:52.25 53.08 350m: 5:27.71 39.85	100m: 1:23.78 48.30 200m: 2:59.17 46.27 300m: 4:47.86 55.61 400m: 6:07.24 39.53		
16. Maria Manuel, CORTESAO	08 Nautico Academico	6:55.08	242
50m: 46.55 46.55 150m: 2:36.84 51.51 250m: 4:24.28 58.06 350m: 6:08.58 47.03	100m: 1:45.33 58.78 200m: 3:26.22 49.38 300m: 5:21.55 57.27 400m: 6:55.08 46.50		
DNS Angela Rodrigues, REBELO	07 Louzan Natacao		
DNS Camila Rodrigues, REBELO	03 Louzan Natacao		

Prova 5
01-11-2019 - 11:30

Masc., 200m Costas

Absoluto
Resultados

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Joao Neto, PEREIRA	02 Fundacao Beatriz Santos	2:12.78	503
50m: 31.04 31.04 100m: 1:05.03 33.99 150m: 1:39.06 34.03 200m: 2:12.78 33.72			
2. Joao Pedro, DIAS	02 Fundacao Beatriz Santos	2:13.43	496
50m: 30.86 30.86 100m: 1:04.28 33.42 150m: 1:39.37 35.09 200m: 2:13.43 34.06			
3. Alberto Antonio, SANTOS	01 S. Pedro Alva	2:17.28	455
50m: 30.51 30.51 100m: 1:04.91 34.40 150m: 1:41.00 36.09 200m: 2:17.28 36.28			
4. Gustavo Pires, MARQUES	04 Fundacao Beatriz Santos	2:18.34	445
50m: 31.88 31.88 100m: 1:07.53 35.65 150m: 1:43.84 36.31 200m: 2:18.34 34.50			
5. Miguel Caridade, GASPAR	99 Academica de Coimbra	2:20.95	420
50m: 34.53 34.53 100m: 1:10.31 35.78 150m: 1:46.20 35.89 200m: 2:20.95 34.75			
6. Goncalo Andre, GOMES	03 Fundacao Beatriz Santos	2:21.18	418
50m: 32.93 32.93 100m: 1:09.08 36.15 150m: 1:45.92 36.84 200m: 2:21.18 35.26			
7. Jose Pedro, ANTUNES	00 Academica de Coimbra	2:21.26	418
50m: 32.84 32.84 100m: 1:08.46 35.62 150m: 1:45.01 36.55 200m: 2:21.26 36.25			
8. David Valdagua, COUTINHO	03 Uniao Coimbra	2:22.50	407
50m: 34.63 34.63 100m: 1:11.36 36.73 150m: 1:47.08 35.72 200m: 2:22.50 35.42			
9. Tomas Carvalho, SANTOS	05 Louzan Natacao	2:23.86	395
50m: 34.52 34.52 100m: 1:11.18 36.66 150m: 1:47.67 36.49 200m: 2:23.86 36.19			
10. Samuel Baptista, FIGUEIRA	05 Miranda do Corvo	2:27.07	370
50m: 34.63 34.63 100m: 1:11.73 37.10 150m: 1:49.79 38.06 200m: 2:27.07 37.28			
11. Rui Mamede, SANTOS	04 Uniao Coimbra	2:28.60	359
50m: 35.07 35.07 100m: 1:12.84 37.77 150m: 1:51.99 39.15 200m: 2:28.60 36.61			

Torneio de Preparação ANC - PC
Condeixa, 1-11-2019

Prova 5, Masc., 200m Costas, Absoluto

Lugar				Ano					Tempo final	Pts		
12.	Tomas Pedrosa, MIGUEL			02	Condeixa Clube				2:29.37	353		
	50m:	34.18	34.18	100m:	1:11.77	37.59	150m:	1:50.19	38.42	200m:	2:29.37	39.18
13.	Tomas Varanda, OLIVEIRA			06	Columbofila Cantanhedense				2:29.49	352		
	50m:	34.32	34.32	100m:	1:12.27	37.95	150m:	1:51.59	39.32	200m:	2:29.49	37.90
14.	Rodrigo Ribeiro, GOMES			00	Condeixa Clube				2:30.02	349		
	50m:	34.39	34.39	100m:	1:12.03	37.64	150m:	1:50.91	38.88	200m:	2:30.02	39.11
15.	Francisco Miguel, CARVALHO			00	Academica de Coimbra				2:30.14	348		
	50m:	36.27	36.27	100m:	1:14.26	37.99	150m:	1:52.53	38.27	200m:	2:30.14	37.61
16.	Ricardo Marques, PEREIRA			01	Condeixa Clube				2:31.05	341		
	50m:	35.61	35.61	100m:	1:13.16	37.55	150m:	1:51.70	38.54	200m:	2:31.05	39.35
17.	Renato Maria, FERREIRA			04	Vigor da Mocidade				2:31.64	338		
	50m:	34.77	34.77	100m:	1:13.82	39.05	150m:	1:52.95	39.13	200m:	2:31.64	38.69
18.	Goncalo Pires, LOURENCO			03	Fundacao Beatriz Santos				2:33.01	329		
	50m:	36.73	36.73	100m:	1:15.33	38.60	150m:	1:54.47	39.14	200m:	2:33.01	38.54
19.	Guilherme Maia, CARDOSO			05	Columbofila Cantanhedense				2:33.02	328		
	50m:	36.75	36.75	100m:	1:15.31	38.56	150m:	1:54.47	39.16	200m:	2:33.02	38.55
20.	Afonso Miguel, AMADO			05	Miranda do Corvo				2:36.02	310		
	50m:	35.15	35.15	100m:	1:14.85	39.70	150m:	1:55.48	40.63	200m:	2:36.02	40.54
21.	Afonso Corte-Real, GRILO			04	Fundacao Beatriz Santos				2:36.05	310		
	50m:	36.12	36.12	100m:	1:15.62	39.50	150m:	1:56.54	40.92	200m:	2:36.05	39.51
22.	Goncalo Daniel, OLIVEIRA			04	Fundacao Beatriz Santos				2:36.06	310		
	50m:	36.56	36.56	100m:	1:15.70	39.14	150m:	1:56.14	40.44	200m:	2:36.06	39.92
23.	Filipe Cruz, SIMOES			06	Miranda do Corvo				2:37.81	299		
	50m:	37.28	37.28	100m:	1:16.70	39.42	150m:	1:57.52	40.82	200m:	2:37.81	40.29
24.	Diogo Simoes, DIAS			05	Louzan Natacao				2:39.72	289		
	50m:	39.38	39.38	100m:	1:18.34	38.96	150m:	1:58.85	40.51	200m:	2:39.72	40.87
25.	Tomas Cardoso, GERALDO			05	Condeixa Clube				2:40.74	283		
	50m:	38.26	38.26	100m:	1:18.88	40.62	150m:	2:00.43	41.55	200m:	2:40.74	40.31
26.	Afonso Vidal, TOMAS			06	Louzan Natacao				2:42.16	276		
	50m:	37.70	37.70	100m:	1:18.74	41.04	150m:	2:01.07	42.33	200m:	2:42.16	41.09
27.	Pedro Fernandes, CARVALHO			06	Miranda do Corvo				2:44.57	264		
	50m:	38.91	38.91	100m:	1:20.82	41.91	150m:	2:02.99	42.17	200m:	2:44.57	41.58
28.	Diogo Cura, NEVES			06	Condeixa Clube				2:45.08	261		
	50m:	40.22	40.22	100m:	1:22.69	42.47	150m:	2:04.65	41.96	200m:	2:45.08	40.43
29.	Gustavo Silva, RODRIGUES			06	Louzan Natacao				2:46.38	255		
	50m:	39.75	39.75	100m:	1:21.34	41.59	150m:	2:04.01	42.67	200m:	2:46.38	42.37
30.	Bruno Miguel, NUNES			99	Nautico Academico				2:47.62	250		
	50m:	37.73	37.73	100m:	1:19.98	42.25	150m:	2:03.88	43.90	200m:	2:47.62	43.74
31.	David Duarte, JESUS			07	Fundacao Beatriz Santos				2:49.51	241		
	50m:	39.43	39.43	100m:	1:22.16	42.73	150m:	2:06.69	44.53	200m:	2:49.51	42.82
32.	Martim Alexandre, SILVA			07	Columbofila Cantanhedense				2:50.23	238		
	50m:	40.05	40.05	100m:	1:23.24	43.19	150m:	2:07.51	44.27	200m:	2:50.23	42.72
33.	Miguel Cunha, GASPAS			06	Columbofila Cantanhedense				2:50.49	237		
	50m:	40.37	40.37	100m:	1:23.94	43.57	150m:	2:08.16	44.22	200m:	2:50.49	42.33
34.	Alexandre Viegas, MARTINS			04	Uniao Coimbra				2:51.23	234		
	50m:	39.32	39.32	100m:	1:22.66	43.34	150m:	2:06.93	44.27	200m:	2:51.23	44.30
35.	Jose Miguel, MARQUES			06	Condeixa Clube				2:53.84	224		
	50m:	42.29	42.29	100m:	1:26.25	43.96	150m:	2:10.80	44.55	200m:	2:53.84	43.04

Torneio de Preparação ANC - PC
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Prova 5, Masc., 200m Costas, Absoluto

Lugar	Ano	Tempo final	Pts
36. Goncalo Miranda, FERNANDES 50m: 40.87 40.87 100m: 1:25.37	07 Vigor da Mocidade	2:59.30 2:59.30	204 47.39
37. Simao Domingues, PAZ 50m: 43.34 43.34 100m: 1:29.60	06 Miranda do Corvo	3:00.80 3:00.80	199 45.08
38. Rodrigo Neves, DUARTE 50m: 43.74 43.74 100m: 1:31.77	06 Louzan Natacao	3:04.68 3:04.68	187 45.27
39. Duarte Cachulo, MARQUES 50m: 42.55 42.55 100m: 1:30.75	07 Condeixa Clube	3:07.46 3:07.46	178 47.82
40. Afonso Simoes, FERREIRA 50m: 45.52 45.52 100m: 1:34.30	07 Vigor da Mocidade	3:11.09 3:11.09	168 47.52
41. Bernardo Almas, MALHAO 50m: 48.03 48.03 100m: 1:42.95	07 Vigor da Mocidade	3:36.37 3:36.37	116 55.61
42. Simao Pimenta, CATARINO 50m: 52.05 52.05 100m: 1:46.55	06 Fundacao Beatriz Santos	3:36.74 3:36.74	115 54.27
DSQ Joao Ventura, PAIS <i>viragem não continua aos 50 m</i>	02 Fundacao Beatriz Santos		
DSQ Marco Dimitar, OLIVEIRA <i>Falsa partida</i>	07 Fundacao Beatriz Santos		
DNS Diogo Luis, CANCELA	02 Miranda do Corvo		
DNS Diogo Matos, RIBEIRO	04 Uniao Coimbra		

Prova 6

01-11-2019 - 11:55

Femin., 200m Mariposa

Absoluto
Resultados

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Maria Carlota, REBELO 50m: 32.98 32.98 100m: 1:09.58	03 Louzan Natacao	2:26.29 2:26.29	546 38.71
2. Ana Rita, QUEIROZ 50m: 33.51 33.51 100m: 1:11.52	02 Condeixa Clube	2:29.17 2:29.17	515 38.54
3. Ana Carolina, MONTEIRO 50m: 33.65 33.65 100m: 1:11.78	04 Uniao Coimbra	2:29.46 2:29.46	512 38.90
4. Mariana Carmo, ROSA 50m: 34.98 34.98 100m: 1:13.88	05 Louzan Natacao	2:32.90 2:32.90	478 39.33
5. Marisa Isabel, NOBRE 50m: 34.78 34.78 100m: 1:13.80	05 Columbofila Cantanhedense	2:35.02 2:35.02	459 40.45
6. Ana Matos, CABRAL 50m: 34.92 34.92 100m: 1:14.38	05 Condeixa Clube	2:35.11 2:35.11	458 40.02
7. Beatriz Monteiro, TOMAS 50m: 33.39 33.39 100m: 1:12.59	03 Fundacao Beatriz Santos	2:36.90 2:36.90	443 42.53
8. Ines Mariana, PINHEIRO 50m: 34.34 34.34 100m: 1:13.73	03 Academica de Coimbra	2:38.69 2:38.69	428 42.34
9. Daniela Portela, MENDES 50m: 33.38 33.38 100m: 1:12.84	04 Fundacao Beatriz Santos	2:45.75 2:45.75	375 48.33
10. Catarina Cunha, BELO 50m: 36.15 36.15 100m: 1:17.26	06 Fundacao Beatriz Santos	2:45.92 2:45.92	374 45.67
11. Joana Ventura, PAIS 50m: 38.71 38.71 100m: 1:22.33	06 Fundacao Beatriz Santos	2:50.59 2:50.59	344 43.95

Torneio de Preparação ANC - PC
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Prova 6, Femin., 200m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
12. Maria Lucas, SANTOS 50m: 38.65 38.65 100m: 1:23.19 44.54 150m: 2:07.22 44.03 200m: 2:51.51 44.29	05 Condeixa Clube	2:51.51	339
13. Anita Gouveia, COSTA 50m: 38.78 38.78 100m: 1:23.08 44.30 150m: 2:08.13 45.05 200m: 2:52.24 44.11	06 Condeixa Clube	2:52.24	334
14. Barbara Almeida, SIMOES 50m: 37.11 37.11 100m: 1:20.24 43.13 150m: 2:06.59 46.35 200m: 2:55.06 48.47	05 Uniao Coimbra	2:55.06	318
15. Beatriz Pereira, MARQUES 50m: 39.12 39.12 100m: 1:24.55 45.43 150m: 2:10.88 46.33 200m: 2:56.45 45.57	05 Columbofila Cantanhedense	2:56.45	311
16. Lara Carvalho, SANTOS 50m: 39.15 39.15 100m: 1:24.57 45.42 150m: 2:10.71 46.14 200m: 2:58.12 47.41	07 Nautico Academico	2:58.12	302
17. Beatriz Andre, GASPAR 50m: 39.19 39.19 100m: 1:25.20 46.01 150m: 2:13.01 47.81 200m: 2:59.33 46.32	06 Nautico Academico	2:59.33	296
18. Ines Alves, DIAS 50m: 39.94 39.94 100m: 1:27.59 47.65 150m: 2:17.91 50.32 200m: 3:07.95 50.04	06 Fundacao Beatriz Santos	3:07.95	257
19. Joana Beatriz, RODRIGUES 50m: 41.35 41.35 100m: 1:29.53 48.18 150m: 2:19.07 49.54 200m: 3:09.01 49.94	04 Academica de Coimbra	3:09.01	253
DNS Beatriz Ferreira, LOISAS	05 Columbofila Cantanhedense		

Prova 7
01-11-2019 - 12:10

Masc., 200m Estilos

Absoluto
Resultados

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Lucas Pereira, BASTOS 50m: 28.55 28.55 100m: 1:03.14 34.59 150m: 1:41.92 38.78 200m: 2:13.43 31.51	00 Nautico Academico	2:13.43	554
2. Joaquim Agra, MERUJE 50m: 29.41 29.41 100m: 1:03.97 34.56 150m: 1:42.00 38.03 200m: 2:14.15 32.15	01 Uniao Coimbra	2:14.15	545
3. Andre Gouveia, COSTA 50m: 28.76 28.76 100m: 1:03.21 34.45 150m: 1:43.00 39.79 200m: 2:14.47 31.47	01 Condeixa Clube	2:14.47	541
4. Jose Pedro, ANTUNES 50m: 29.90 29.90 100m: 1:05.06 35.16 150m: 1:44.89 39.83 200m: 2:16.93 32.04	00 Academica de Coimbra	2:16.93	513
5. Gustavo Almeida, MADUREIRA 50m: 27.58 27.58 100m: 1:04.18 36.60 150m: 1:46.25 42.07 200m: 2:17.06 30.81	94 Academica de Coimbra	2:17.06	511
6. Miguel Caridade, GASPAR 50m: 31.47 31.47 100m: 1:08.75 37.28 150m: 1:47.22 38.47 200m: 2:20.38 33.16	99 Academica de Coimbra	2:20.38	476
7. Pedro Simoes, RODRIGUES 50m: 30.81 30.81 100m: 1:08.78 37.97 150m: 1:47.67 38.89 200m: 2:21.10 33.43	01 Uniao Coimbra	2:21.10	469
8. Bernardo Vinagre, ARZILEIRO 50m: 30.12 30.12 100m: 1:04.34 34.22 150m: 1:49.19 44.85 200m: 2:21.37 32.18	01 Uniao Coimbra	2:21.37	466
9. Miguel Freitas, OVIEDO 50m: 30.19 30.19 100m: 1:07.78 37.59 150m: 1:49.80 42.02 200m: 2:21.80 32.00	02 Academica de Coimbra	2:21.80	462
10. Tomas Pedrosa, MIGUEL 50m: 29.57 29.57 100m: 1:09.97 40.40 150m: 1:50.80 40.83 200m: 2:22.14 31.34	02 Condeixa Clube	2:22.14	458
11. Paulo Andre, FROTA 50m: 31.82 31.82 100m: 1:12.26 40.44 150m: 1:50.69 38.43 200m: 2:24.71 34.02	02 Condeixa Clube	2:24.71	434
12. Joao Pedro, DIAS 50m: 32.27 32.27 100m: 1:08.36 36.09 150m: 1:52.91 44.55 200m: 2:25.90 32.99	02 Fundacao Beatriz Santos	2:25.90	424
13. Vasco Pereira, BASTOS 50m: 32.77 32.77 100m: 1:12.20 39.43 150m: 1:53.07 40.87 200m: 2:26.10 33.03	02 Nautico Academico	2:26.10	422

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Prova 7, Masc., 200m Estilos, Absoluto

Lugar					Ano					Tempo final	Pts
14.	Jose Miguel, VENTURA				97	Fundacao Beatriz Santos				2:26.56	418
	50m: 30.62	30.62	100m: 1:07.04			36.42	150m: 1:51.77	44.73	200m: 2:26.56		34.79
15.	Tomas Carvalho, SANTOS				05	Louzan Natacao				2:27.26	412
	50m: 32.69	32.69	100m: 1:09.92			37.23	150m: 1:53.82	43.90	200m: 2:27.26		33.44
16.	Goncalo Brites, MOITA				04	Uniao Coimbra				2:28.53	402
	50m: 31.72	31.72	100m: 1:11.66			39.94	150m: 1:54.42	42.76	200m: 2:28.53		34.11
17.	Ricardo Marques, PEREIRA				01	Condeixa Clube				2:28.71	400
	50m: 30.18	30.18	100m: 1:08.54			38.36	150m: 1:53.33	44.79	200m: 2:28.71		35.38
18.	Claudio Rafael, CORDEIRO				02	Condeixa Clube				2:28.72	400
	50m: 33.74	33.74	100m: 1:14.11			40.37	150m: 1:55.94	41.83	200m: 2:28.72		32.78
19.	Goncalo Moreira, SANTOS				01	Academica de Coimbra				2:29.67	392
	50m: 32.28	32.28	100m: 1:11.53			39.25	150m: 1:55.48	43.95	200m: 2:29.67		34.19
20.	Jose Miguel, ROCHA				05	Columbofila Cantanhedense				2:29.76	392
	50m: 33.21	33.21	100m: 1:11.52			38.31	150m: 1:56.49	44.97	200m: 2:29.76		33.27
21.	Samuel Baptista, FIGUEIRA				05	Miranda do Corvo				2:29.86	391
	50m: 31.87	31.87	100m: 1:12.16			40.29	150m: 1:56.84	44.68	200m: 2:29.86		33.02
22.	Rodrigo Santos, LADEIRA				97	Fundacao Beatriz Santos				2:30.27	388
	50m: 29.84	29.84	100m: 1:10.46			40.62	150m: 1:56.53	46.07	200m: 2:30.27		33.74
23.	Rodrigo Alexandre, PATRICIO				98	Academica de Coimbra				2:31.19	381
	50m: 30.22	30.22	100m: 1:10.81			40.59	150m: 1:55.30	44.49	200m: 2:31.19		35.89
24.	Rui Joao, MARQUES				02	Nautico Academico				2:31.47	379
	50m: 32.05	32.05	100m: 1:12.43			40.38	150m: 1:58.34	45.91	200m: 2:31.47		33.13
25.	Manuel Baptista, SIMOES				03	Uniao Coimbra				2:31.57	378
	50m: 30.26	30.26	100m: 1:10.77			40.51	150m: 1:56.34	45.57	200m: 2:31.57		35.23
26.	Goncalo Silva, MARQUES				01	Condeixa Clube				2:31.59	378
	50m: 31.69	31.69	100m: 1:10.70			39.01	150m: 1:54.89	44.19	200m: 2:31.59		36.70
27.	Gabriel Jose, JULIO				01	Academica de Coimbra				2:32.39	372
	50m: 31.36	31.36	100m: 1:12.86			41.50	150m: 1:59.18	46.32	200m: 2:32.39		33.21
28.	Ricardo Luis, AGOSTINHO				96	Fundacao Beatriz Santos				2:32.68	370
	50m: 33.21	33.21	100m: 1:13.03			39.82	150m: 1:56.68	43.65	200m: 2:32.68		36.00
29.	Goncalo Carvalho, SANTOS				05	Louzan Natacao				2:32.74	369
	50m: 33.08	33.08	100m: 1:13.71			40.63	150m: 1:59.29	45.58	200m: 2:32.74		33.45
30.	Carlos Eduardo, BENTO				05	Miranda do Corvo				2:32.97	368
	50m: 32.45	32.45	100m: 1:12.74			40.29	150m: 1:58.09	45.35	200m: 2:32.97		34.88
31.	Carlos Manuel, MARQUES				00	Academica de Coimbra				2:33.39	365
	50m: 31.95	31.95	100m: 1:11.90			39.95	150m: 1:59.96	48.06	200m: 2:33.39		33.43
32.	Duarte Jose, FERNANDES				06	Uniao Coimbra				2:35.52	350
	50m: 33.77	33.77	100m: 1:15.93			42.16	150m: 1:59.78	43.85	200m: 2:35.52		35.74
33.	Bernardo Jorge, VENTURA				03	Academica de Coimbra				2:38.04	333
	50m: 33.76	33.76	100m: 1:15.80			42.04	150m: 2:02.87	47.07	200m: 2:38.04		35.17
34.	Diogo Simoes, DIAS				05	Louzan Natacao				2:40.65	317
	50m: 36.36	36.36	100m: 1:17.60			41.24	150m: 2:06.06	48.46	200m: 2:40.65		34.59
35.	Guilherme Marques, PEREIRA				06	Condeixa Clube				2:40.96	315
	50m: 35.58	35.58	100m: 1:15.17			39.59	150m: 2:06.27	51.10	200m: 2:40.96		34.69
36.	Tomas Cardoso, GERALDO				05	Condeixa Clube				2:41.01	315
	50m: 37.03	37.03	100m: 1:16.57			39.54	150m: 2:04.24	47.67	200m: 2:41.01		36.77
37.	Jose Miguel, SILVA				02	Nautico Academico				2:41.88	310
	50m: 35.02	35.02	100m: 1:19.79			44.77	150m: 2:04.41	44.62	200m: 2:41.88		37.47

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Prova 7, Masc., 200m Estilos, Absoluto

Lugar			Ano					Tempo final	Pts
38.	Bruno Miguel, NUNES	99	Nautico Academico					2:44.81	294
	50m: 34.22 34.22	100m: 1:18.99	44.77	150m: 2:06.90	47.91	200m: 2:44.81	37.91		
39.	Dinis Raimundo, SILVA	05	Academica de Coimbra					2:45.80	289
	50m: 37.16 37.16	100m: 1:21.61	44.45	150m: 2:07.31	45.70	200m: 2:45.80	38.49		
40.	Joao Neves, LUCAS	06	Columbofila Cantanhedense					2:47.17	282
	50m: 37.79 37.79	100m: 1:20.71	42.92	150m: 2:10.71	50.00	200m: 2:47.17	36.46		
41.	Jose Miguel, MARQUES	06	Condeixa Clube					2:48.94	273
	50m: 36.67 36.67	100m: 1:21.85	45.18	150m: 2:09.65	47.80	200m: 2:48.94	39.29		
42.	Rodrigo Costa, CRUZ	06	Academica de Coimbra					2:49.09	272
	50m: 37.75 37.75	100m: 1:20.64	42.89	150m: 2:10.83	50.19	200m: 2:49.09	38.26		
43.	Alexandre, DZYAKANAV	07	Louzan Natacao					2:49.26	271
	50m: 38.52 38.52	100m: 1:21.74	43.22	150m: 2:11.62	49.88	200m: 2:49.26	37.64		
44.	Gustavo Teixeira, PIRES	06	Columbofila Cantanhedense					2:49.60	270
	50m: 38.07 38.07	100m: 1:22.60	44.53	150m: 2:11.59	48.99	200m: 2:49.60	38.01		
45.	Diogo Cura, NEVES	06	Condeixa Clube					2:49.65	269
	50m: 39.09 39.09	100m: 1:23.82	44.73	150m: 2:12.26	48.44	200m: 2:49.65	37.39		
46.	Francisco Couto, FRAZAO	06	Uniao Coimbra					2:51.84	259
	50m: 38.85 38.85	100m: 1:22.29	43.44	150m: 2:14.16	51.87	200m: 2:51.84	37.68		
47.	Bruno Costa, RODRIGUES	06	Columbofila Cantanhedense					2:52.25	257
	50m: 36.77 36.77	100m: 1:21.51	44.74	150m: 2:13.21	51.70	200m: 2:52.25	39.04		
48.	Miguel Bernardo, ARAUJO	06	Condeixa Clube					2:53.43	252
	50m: 39.39 39.39	100m: 1:24.14	44.75	150m: 2:15.14	51.00	200m: 2:53.43	38.29		
49.	Diogo Rodrigues, CARVALHO	05	Vigor da Mocidade					2:54.51	247
	50m: 36.60 36.60	100m: 1:21.48	44.88	150m: 2:17.38	55.90	200m: 2:54.51	37.13		
50.	David Duarte, JESUS	07	Fundacao Beatriz Santos					2:54.53	247
	50m: 38.93 38.93	100m: 1:23.94	45.01	150m: 2:15.66	51.72	200m: 2:54.53	38.87		
51.	Gustavo Silva, RODRIGUES	06	Louzan Natacao					2:55.35	244
	50m: 36.57 36.57	100m: 1:20.12	43.55	150m: 2:14.84	54.72	200m: 2:55.35	40.51		
52.	Joao Ferreira, MARQUES	06	Academica de Coimbra					2:55.55	243
	50m: 37.40 37.40	100m: 1:22.55	45.15	150m: 2:15.97	53.42	200m: 2:55.55	39.58		
53.	Tome Santiago, MENDES	05	Vigor da Mocidade					2:57.06	237
	50m: 38.62 38.62	100m: 1:24.22	45.60	150m: 2:14.46	50.24	200m: 2:57.06	42.60		
54.	Edgar Tavares, MENDES	06	Academica de Coimbra					2:57.79	234
	50m: 35.47 35.47	100m: 1:22.21	46.74	150m: 2:17.05	54.84	200m: 2:57.79	40.74		
55.	Simao Domingues, PAZ	06	Miranda do Corvo					2:58.37	232
	50m: 37.67 37.67	100m: 1:23.79	46.12	150m: 2:17.55	53.76	200m: 2:58.37	40.82		
56.	Guilherme Marques, ALMEIDA	07	Academica de Coimbra					3:03.96	211
	50m: 40.59 40.59	100m: 1:25.37	44.78	150m: 2:22.07	56.70	200m: 3:03.96	41.89		
57.	Miguel Joao, PINHEIRO	06	Academica de Coimbra					3:04.51	209
	50m: 40.86 40.86	100m: 1:28.65	47.79	150m: 2:22.52	53.87	200m: 3:04.51	41.99		
58.	Goncalo Dinis, NEVES	07	Nautico Academico					3:10.28	191
	50m: 43.36 43.36	100m: 1:36.00	52.64	150m: 2:31.36	55.36	200m: 3:10.28	38.92		
59.	Martim Pedro, DUARTE	07	Academica de Coimbra					3:12.14	185
	50m: 44.64 44.64	100m: 1:34.16	49.52	150m: 2:28.28	54.12	200m: 3:12.14	43.86		
60.	Goncalo Miranda, FERNANDES	07	Vigor da Mocidade					3:12.68	184
	50m: 46.94 46.94	100m: 1:35.24	48.30	150m: 2:32.35	57.11	200m: 3:12.68	40.33		
61.	Henrique Tavares, DIAS	06	Nautico Academico					3:14.73	178
	50m: 49.40 49.40	100m: 1:35.26	45.86	150m: 2:35.20	59.94	200m: 3:14.73	39.53		

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Prova 7, Masc., 200m Estilos, Absoluto

Lugar	Ano	Tempo final	Pts
62. Joao Afonso, MACHADO 50m: 41.75 41.75 100m: 1:33.12 51.37 150m: 2:40.06 1:06.94 200m: 3:20.66 40.60	06 Vigor da Mocidade	3:20.66	163
63. Afonso Simoes, FERREIRA 50m: 51.65 51.65 100m: 1:40.68 49.03 150m: 2:44.30 1:03.62 200m: 3:29.41 45.11	07 Vigor da Mocidade	3:29.41	143
64. Simao Pimenta, CATARINO 50m: 50.31 50.31 100m: 1:46.77 56.46 150m: 2:51.25 1:04.48 200m: 3:34.48 43.23	06 Fundacao Beatriz Santos	3:34.48	133
65. Francisco Jose, SIMOES 50m: 54.19 54.19 100m: 1:52.99 58.80 150m: 2:55.91 1:02.92 200m: 3:46.59 50.68	07 Vigor da Mocidade	3:46.59	113
DSQ Bernardo Almas, MALHAO <i>o atleta na viragem aos 150 m só tocou na parede com 1 mão</i>	07 Vigor da Mocidade		
DSQ Francisco Alberto, LUCAS <i>Falsa partida</i>	00 Academica de Coimbra		
DSQ Marco Dimitar, OLIVEIRA <i>toque alternado de mãos na viragem aos 150 m (braços para crol)</i>	07 Fundacao Beatriz Santos		

Prova 8

Misto, 4 x 200m Livres

Absoluto

01-11-2019 - 12:45

Resultados

Pontos: FINA 2019

Lugar	Tempo final	Pts
1. Académica de Coimbra <i>Rec Reg ANC</i>	Academica de Coimbra 8:32.26	
Gustavo Almeida, MADUREIRA 94	26.82 56.01 1:26.69 1:57.89 1:57.89	
Miguel Caridade, GASPAR 99	28.45 59.98 1:32.39 2:04.31 2:04.31	
Ana Carolina, NEVES 00	30.33 1:04.86 1:40.42 2:16.19 2:16.19	
Beatriz Costa, TEJO 02	30.80 1:05.22 1:39.97 2:13.87 2:13.87	
2. Condeixa Clube	Condeixa Clube 8:50.38	
Andre Gouveia, COSTA 01	28.30 58.92 1:30.82 2:03.57 2:03.57	
Matilde Alves, FLORENCIO 04	32.34 1:08.13 1:44.62 2:20.68 2:20.68	
Sara Sofia, TEJO 03	33.08 1:09.40 1:46.39 2:23.15 2:23.15	
Rodrigo Ribeiro, GOMES 00	28.01 58.91 1:31.25 2:02.98 2:02.98	
3. Académica de Coimbra	Academica de Coimbra 9:03.10	
Miguel Freitas, OVIDEO 02	29.11 1:00.87 1:33.23 2:03.98 2:03.98	
Bernardo Jorge, VENTURA 03	30.98 1:06.14 1:42.76 2:18.86 2:18.86	
Ana Filipa, SILVA 04	32.93 1:09.17 1:45.76 2:22.20 2:22.20	
Ines Mariana, PINHEIRO 03	31.81 1:07.29 1:43.90 2:18.06 2:18.06	
4. Académica de Coimbra	Academica de Coimbra 9:09.38	
Francisco Miguel, CARVALHO 00	29.23 1:01.71 1:34.50 2:06.95 2:06.95	
Gabriel Jose, JULIO 01	30.03 1:04.20 1:38.25 2:11.80 2:11.80	
Barbara Azambujo, MELO 02	31.37 1:06.27 1:42.25 2:19.20 2:19.20	
Laura Rodrigues, MARGATO 04	34.46 1:13.05 1:52.86 2:31.43 2:31.43	
5. Académica de Coimbra	Academica de Coimbra 9:48.34	
Francisco Alberto, LUCAS 00	31.08 1:06.06 1:42.84 2:18.37 2:18.37	
Rodrigo Alexandre, PATRICIO 98	29.84 1:04.49 1:40.78 2:15.71 2:15.71	
Beatriz Beja, AFONSO 04	36.76 1:18.68 2:01.14 2:40.43 2:40.43	
Maria Ines, ALVES 05	34.46 1:13.90 1:54.93 2:33.83 2:33.83	
6. Académica de Coimbra	Academica de Coimbra 9:52.04	
Jose Pedro, ANTUNES 00	29.55 1:02.30 1:36.74 2:11.56 2:11.56	
Goncalo Moreira, SANTOS 01	30.17 1:04.38 1:39.23 2:14.16 2:14.16	
Joana Beatriz, RODRIGUES 04	38.79 1:21.81 2:05.88 2:47.91 2:47.91	
Filipa Victor, VIEIRA 04	35.69 1:16.18 1:58.40 2:38.41 2:38.41	

Torneio de Preparação ANC - PC
Condeixa, 1-11-2019

Prova 8, Misto, 4 x 200m Livres, Absoluto

Lugar					Tempo final	Pts
7.	Académica de Coimbra	Academica de Coimbra			9:52.82	
	Carlos Manuel, MARQUES	00	30.79	1:03.46	1:36.53	2:08.63
	Diogo Luis, BREDA	01	30.35	1:05.21	1:40.45	2:15.09
	Filipa Moniz, PISSARRO	05	36.97	1:18.88	2:02.08	2:44.74
	Helena Carolina, DINIS	05	36.09	1:17.97	2:02.45	2:44.36
8.	Académica de Coimbra	Academica de Coimbra			10:24.39	
	Mariana Marques, ALMEIDA	07	36.01	1:15.14	1:55.38	2:34.41
	Cristiana Sofia, ESCADA	07	35.86	1:16.85	1:59.66	2:40.50
	Edgar Tavares, MENDES	06	36.73	1:18.54	2:00.37	2:37.84
	Rodrigo Costa, CRUZ	06	35.29	1:14.94	1:55.20	2:31.64
9.	Académica de Coimbra	Academica de Coimbra			10:26.52	
	Antonio, GLAVATSKY	05	33.66	1:11.16	1:50.70	2:27.01
	Matilde Neves, CRAVEIRO	06	36.04	1:13.73	1:52.62	2:31.27
	Mariana Vaz, ALVES	06	41.34	1:26.90	2:14.07	2:58.81
	Dinis Raimundo, SILVA	05	34.26	1:13.25	1:52.69	2:29.43
10.	Académica de Coimbra	Academica de Coimbra			11:36.82	
	David Ferreira, SILVA	07	38.19	1:19.29	2:02.22	2:44.68
	Ana Beatriz, CAMPOS	08	39.00	1:24.10	2:10.28	2:54.28
	Carolina Vaz, ALVES	08	45.33	1:35.85	2:25.97	3:12.54
	Guilherme Marques, ALMEIDA	07	38.20	1:22.03	2:06.20	2:45.32
11.	S. Pedro Alva	S. Pedro Alva			11:41.43	
	Francisco Cruz, CARVALHO	06	34.96	1:12.40	1:52.35	2:31.52
	Matilde Rodrigues, COSTA	07	39.74	1:25.81	2:13.99	3:01.13
	Joao Miguel, MARTINS	07	36.65	1:20.39	2:06.96	2:50.68
	Rafaela Ferreira, MIGUEL	06	45.33	1:36.00	2:28.61	3:18.10
EXH	S. Pedro Alva	S. Pedro Alva			9:36.30	
	Alberto Antonio, SANTOS	01	29.33	1:02.45	1:36.99	2:11.94
	Alexandre Miguel, BRAS	03	34.43	1:10.78	1:47.64	2:23.86
	Tomas Alexandre, LARANJEIRA	03	35.50	1:16.45	1:58.74	2:41.16
	Rafael Alves, CAMPOS	04	30.57	1:06.78	1:42.61	2:19.34

Torneio de Preparação ANC - PC
Condeixa, 1-11-2019

2 - 2ª Sessão

01-11-2019 - 16:00

Prova 9
01-11-2019 - 16:00

Femin., 800m Livres

Absoluto
Resultados

Pontos: FINA 2019

Lugar	Ano		Tempo final		Pts
1. Marisa Isabel, NOBRE	05	Columbofila Cantanhedense	9:19.40	629	
50m: 32.72 32.72	250m: 2:52.40 35.02	450m: 5:13.29 35.34	650m: 7:35.63 35.38		
100m: 1:07.58 34.86	300m: 3:27.63 35.23	500m: 5:49.04 35.75	700m: 8:11.24 35.61		
150m: 1:42.29 34.71	350m: 4:02.78 35.15	550m: 6:24.57 35.53	750m: 8:45.87 34.63		
200m: 2:17.38 35.09	400m: 4:37.95 35.17	600m: 7:00.25 35.68	800m: 9:19.40 33.53		
2. Mariana Carmo, ROSA	05	Louzan Natacao	9:27.53	602	
50m: 33.68 33.68	250m: 2:52.53 35.03	450m: 5:15.17 36.09	650m: 7:39.87 36.03		
100m: 1:07.98 34.30	300m: 3:27.84 35.31	500m: 5:51.44 36.27	700m: 8:15.89 36.02		
150m: 1:42.70 34.72	350m: 4:03.23 35.39	550m: 6:27.64 36.20	750m: 8:52.20 36.31		
200m: 2:17.50 34.80	400m: 4:39.08 35.85	600m: 7:03.84 36.20	800m: 9:27.53 35.33		
3. Joana Beatriz, BERNARDO	99	Fundacao Beatriz Santos	9:32.53	586	
50m: 33.53 33.53	250m: 2:57.21 36.07	450m: 5:21.42 35.90	650m: 7:45.79 35.99		
100m: 1:08.98 35.45	300m: 3:33.38 36.17	500m: 5:57.38 35.96	700m: 8:21.93 36.14		
150m: 1:44.76 35.78	350m: 4:09.55 36.17	550m: 6:33.70 36.32	750m: 8:57.68 35.75		
200m: 2:21.14 36.38	400m: 4:45.52 35.97	600m: 7:09.80 36.10	800m: 9:32.53 34.85		
4. Ines Mariana, PINHEIRO	03	Academica de Coimbra	9:34.84	579	
50m: 33.43 33.43	250m: 2:57.31 36.24	450m: 5:22.52 36.34	650m: 7:47.27 36.09		
100m: 1:09.11 35.68	300m: 3:33.61 36.30	500m: 5:58.94 36.42	700m: 8:23.97 36.70		
150m: 1:44.90 35.79	350m: 4:09.77 36.16	550m: 6:35.39 36.45	750m: 9:00.07 36.10		
200m: 2:21.07 36.17	400m: 4:46.18 36.41	600m: 7:11.18 35.79	800m: 9:34.84 34.77		
5. Beatriz Costa, TEJO	02	Academica de Coimbra	9:38.13	569	
50m: 33.95 33.95	250m: 2:59.78 36.77	450m: 5:25.35 36.17	650m: 7:50.75 36.15		
100m: 1:09.59 35.64	300m: 3:36.08 36.30	500m: 6:01.92 36.57	700m: 8:26.96 36.21		
150m: 1:46.09 36.50	350m: 4:12.68 36.60	550m: 6:38.23 36.31	750m: 9:02.76 35.80		
200m: 2:23.01 36.92	400m: 4:49.18 36.50	600m: 7:14.60 36.37	800m: 9:38.13 35.37		
6. Camila Alexandra, SILVA	03	Columbofila Cantanhedense	9:41.46	560	
50m: 33.36 33.36	250m: 2:55.66 35.83	450m: 5:21.59 37.13	650m: 7:50.78 37.46		
100m: 1:08.58 35.22	300m: 3:32.00 36.34	500m: 5:58.94 37.35	700m: 8:28.44 37.66		
150m: 1:44.35 35.77	350m: 4:07.99 35.99	550m: 6:36.24 37.30	750m: 9:05.71 37.27		
200m: 2:19.83 35.48	400m: 4:44.46 36.47	600m: 7:13.32 37.08	800m: 9:41.46 35.75		
7. Ana Carolina, MONTEIRO	04	Uniao Coimbra	9:44.66	551	
50m: 33.54 33.54	250m: 2:59.47 36.78	450m: 5:27.01 36.65	650m: 7:54.05 36.57		
100m: 1:09.29 35.75	300m: 3:36.43 36.96	500m: 6:03.75 36.74	700m: 8:30.98 36.93		
150m: 1:45.80 36.51	350m: 4:13.46 37.03	550m: 6:40.67 36.92	750m: 9:08.13 37.15		
200m: 2:22.69 36.89	400m: 4:50.36 36.90	600m: 7:17.48 36.81	800m: 9:44.66 36.53		
8. Ana Matos, CABRAL	05	Condeixa Clube	9:45.80	547	
50m: 33.90 33.90	250m: 3:00.90 36.65	450m: 5:28.33 36.60	650m: 7:56.30 36.83		
100m: 1:10.68 36.78	300m: 3:37.55 36.65	500m: 6:05.02 36.69	700m: 8:33.64 37.34		
150m: 1:47.43 36.75	350m: 4:14.80 37.25	550m: 6:42.27 37.25	750m: 9:10.22 36.58		
200m: 2:24.25 36.82	400m: 4:51.73 36.93	600m: 7:19.47 37.20	800m: 9:45.80 35.58		
9. Sara Dias, NEVES	03	Miranda do Corvo	10:00.16	509	
50m: 34.14 34.14	250m: 3:02.87 37.28	450m: 5:34.32 38.01	650m: 8:06.01 38.03		
100m: 1:10.99 36.85	300m: 3:40.56 37.69	500m: 6:12.15 37.83	700m: 8:44.40 38.39		
150m: 1:48.35 37.36	350m: 4:18.20 37.64	550m: 6:49.95 37.80	750m: 9:22.72 38.32		
200m: 2:25.59 37.24	400m: 4:56.31 38.11	600m: 7:27.98 38.03	800m: 10:00.16 37.44		
10. Anita Gouveia, COSTA	06	Condeixa Clube	10:10.52	483	
50m: 35.99 35.99	250m: 3:13.64 39.52	450m: 5:48.46 37.49	650m: 8:19.48 37.71		
100m: 1:15.21 39.22	300m: 3:52.74 39.10	500m: 6:26.32 37.86	700m: 8:56.84 37.36		
150m: 1:54.57 39.36	350m: 4:31.93 39.19	550m: 7:04.07 37.75	750m: 9:34.44 37.60		
200m: 2:34.12 39.55	400m: 5:10.97 39.04	600m: 7:41.77 37.70	800m: 10:10.52 36.08		
11. Beatriz Silva, NEVES	06	Fundacao Beatriz Santos	10:17.45	467	
50m: 35.48 35.48	250m: 3:12.57 39.42	450m: 5:47.12 38.62	650m: 8:21.79 38.63		
100m: 1:14.68 39.20	300m: 3:51.29 38.72	500m: 6:26.19 39.07	700m: 9:01.09 39.30		
150m: 1:53.78 39.10	350m: 4:29.77 38.48	550m: 7:04.43 38.24	750m: 9:39.77 38.68		
200m: 2:33.15 39.37	400m: 5:08.50 38.73	600m: 7:43.16 38.73	800m: 10:17.45 37.68		

Torneio de Preparação ANC - PC
Condeixa, 1-11-2019

Prova 9, Femin., 800m Livres, Absoluto

Lugar			Ano					Tempo final	Pts		
12.	Matilde Fonseca, OLIVEIRA		06	Miranda do Corvo				10:17.77	467		
	50m:	34.92 34.92	250m:	3:07.63	39.05	450m:	5:43.69	39.00	650m:	8:20.78	39.12
	100m:	1:12.18 37.26	300m:	3:46.47	38.84	500m:	6:23.06	39.37	700m:	9:00.00	39.22
	150m:	1:49.93 37.75	350m:	4:25.64	39.17	550m:	7:02.21	39.15	750m:	9:39.18	39.18
	200m:	2:28.58 38.65	400m:	5:04.69	39.05	600m:	7:41.66	39.45	800m:	10:17.77	38.59
13.	Catarina Cunha, BELO		06	Fundacao Beatriz Santos				10:20.52	460		
	50m:	34.99 34.99	250m:	3:10.47	39.21	450m:	5:48.13	39.36	650m:	8:25.08	39.08
	100m:	1:13.27 38.28	300m:	3:49.79	39.32	500m:	6:27.24	39.11	700m:	9:04.46	39.38
	150m:	1:52.22 38.95	350m:	4:28.96	39.17	550m:	7:06.79	39.55	750m:	9:43.28	38.82
	200m:	2:31.26 39.04	400m:	5:08.77	39.81	600m:	7:46.00	39.21	800m:	10:20.52	37.24
14.	Barbara Almeida, SIMOES		05	Uniao Coimbra				10:20.79	460		
	50m:	35.51 35.51	250m:	3:10.30	38.90	450m:	5:47.51	39.78	650m:	8:25.22	39.27
	100m:	1:13.68 38.17	300m:	3:49.39	39.09	500m:	6:26.75	39.24	700m:	9:04.47	39.25
	150m:	1:52.38 38.70	350m:	4:28.48	39.09	550m:	7:06.70	39.95	750m:	9:43.25	38.78
	200m:	2:31.40 39.02	400m:	5:07.73	39.25	600m:	7:45.95	39.25	800m:	10:20.79	37.54
15.	Maria Vitoria, GRILO		06	Nautico Academico				10:27.80	445		
	50m:	33.86 33.86	250m:	3:11.51	40.14	450m:	5:50.84	39.52	650m:	8:30.89	40.30
	100m:	1:11.80 37.94	300m:	3:52.00	40.49	500m:	6:30.56	39.72	700m:	9:10.74	39.85
	150m:	1:51.41 39.61	350m:	4:31.00	39.00	550m:	7:10.34	39.78	750m:	9:50.59	39.85
	200m:	2:31.37 39.96	400m:	5:11.32	40.32	600m:	7:50.59	40.25	800m:	10:27.80	37.21
16.	Marta Domingues, GAMEIRO		04	Nautico Academico				10:29.81	440		
	50m:	36.50 36.50	250m:	3:16.87	39.31	450m:	5:55.34	38.59	650m:	8:34.17	38.84
	100m:	1:16.05 39.55	300m:	3:56.80	39.93	500m:	6:35.38	40.04	700m:	9:13.59	39.42
	150m:	1:56.39 40.34	350m:	4:36.74	39.94	550m:	7:15.45	40.07	750m:	9:51.99	38.40
	200m:	2:37.56 41.17	400m:	5:16.75	40.01	600m:	7:55.33	39.88	800m:	10:29.81	37.82
17.	Dania Rodrigues, SIMOES		07	Louzan Natacao				10:34.32	431		
	50m:	37.87 37.87	250m:	3:19.49	40.15	450m:	6:00.09	39.53	650m:	8:39.06	38.93
	100m:	1:18.22 40.35	300m:	3:59.84	40.35	500m:	6:40.21	40.12	700m:	9:18.55	39.49
	150m:	1:58.82 40.60	350m:	4:40.35	40.51	550m:	7:20.02	39.81	750m:	9:57.19	38.64
	200m:	2:39.34 40.52	400m:	5:20.56	40.21	600m:	8:00.13	40.11	800m:	10:34.32	37.13
18.	Laura Rodrigues, MARGATO		04	Academica de Coimbra				10:43.58	413		
	50m:	36.81 36.81	250m:	3:20.44	40.31	450m:	6:03.30	40.03	650m:	8:45.32	40.08
	100m:	1:17.68 40.87	300m:	4:01.37	40.93	500m:	6:44.27	40.97	700m:	9:25.27	39.95
	150m:	1:59.31 41.63	350m:	4:42.58	41.21	550m:	7:25.08	40.81	750m:	10:05.27	40.00
	200m:	2:40.13 40.82	400m:	5:23.27	40.69	600m:	8:05.24	40.16	800m:	10:43.58	38.31
19.	Beatriz Andre, GASPAS		06	Nautico Academico				10:47.74	405		
	50m:	37.34 37.34	250m:	3:21.21	40.99	450m:	6:05.16	41.01	650m:	8:48.33	40.78
	100m:	1:18.51 41.17	300m:	4:01.67	40.46	500m:	6:46.13	40.97	700m:	9:28.98	40.65
	150m:	1:59.18 40.67	350m:	4:42.79	41.12	550m:	7:26.45	40.32	750m:	10:08.59	39.61
	200m:	2:40.22 41.04	400m:	5:24.15	41.36	600m:	8:07.55	41.10	800m:	10:47.74	39.15
20.	Maria Fernandes, LOBO		05	Nautico Academico				10:52.61	396		
	50m:	37.43 37.43	250m:	3:21.57	41.15	450m:	6:06.10	40.53	650m:	8:50.38	41.01
	100m:	1:18.57 41.14	300m:	4:03.17	41.60	500m:	6:46.74	40.64	700m:	9:31.78	41.40
	150m:	1:59.59 41.02	350m:	4:44.30	41.13	550m:	7:28.02	41.28	750m:	10:12.95	41.17
	200m:	2:40.42 40.83	400m:	5:25.57	41.27	600m:	8:09.37	41.35	800m:	10:52.61	39.66
21.	Joana Filipa, VARELA		06	Nautico Academico				11:01.58	380		
	50m:	37.65 37.65	250m:	3:22.62	41.12	450m:	6:09.72	41.88	650m:	8:57.41	41.64
	100m:	1:18.33 40.68	300m:	4:04.14	41.52	500m:	6:51.72	42.00	700m:	9:39.98	42.57
	150m:	2:00.05 41.72	350m:	4:45.78	41.64	550m:	7:33.58	41.86	750m:	10:21.91	41.93
	200m:	2:41.50 41.45	400m:	5:27.84	42.06	600m:	8:15.77	42.19	800m:	11:01.58	39.67
22.	Mariana Fonseca, SILVA		06	Condeixa Clube				11:06.38	372		
	50m:	37.39 37.39	250m:	3:26.77	42.88	450m:	6:15.85	41.95	650m:	9:04.31	42.17
	100m:	1:18.90 41.51	300m:	4:09.34	42.57	500m:	6:58.54	42.69	700m:	9:46.59	42.28
	150m:	2:01.34 42.44	350m:	4:51.44	42.10	550m:	7:40.61	42.07	750m:	10:27.56	40.97
	200m:	2:43.89 42.55	400m:	5:33.90	42.46	600m:	8:22.14	41.53	800m:	11:06.38	38.82
23.	Lara Carvalho, SANTOS		07	Nautico Academico				11:42.66	317		
	50m:	37.87 37.87	250m:	3:30.21	44.17	450m:	6:27.78	45.15	650m:	9:29.11	45.34
	100m:	1:19.45 41.58	300m:	4:14.49	44.28	500m:	7:13.12	45.34	700m:	10:14.78	45.67
	150m:	2:02.55 43.10	350m:	4:58.74	44.25	550m:	7:58.17	45.05	750m:	11:00.09	45.31
	200m:	2:46.04 43.49	400m:	5:42.63	43.89	600m:	8:43.77	45.60	800m:	11:42.66	42.57

Torneio de Preparação ANC - PC
Condeixa, 1-11-2019

Prova 9, Femin., 800m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
DNS Camila Rodrigues, REBELO	03 Louzan Natacao		

Prova 10

01-11-2019 - 16:35

Masc., 200m Livres

Absoluto
Resultados

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Gustavo Almeida, MADUREIRA 50m: 26.06 26.06 100m: 54.93	94 Academica de Coimbra	1:56.03	628
2. Lucas Pereira, BASTOS 50m: 27.91 27.91 100m: 57.92	00 Nautico Academico	1:57.38	606
3. Joao Neto, PEREIRA 50m: 27.48 27.48 100m: 57.74	02 Fundacao Beatriz Santos	1:59.73	571
4. Miguel Diogo, AGOSTINHO 50m: 27.91 27.91 100m: 58.75	00 Fundacao Beatriz Santos	1:59.80	570
5. Bernardo Vinagre, ARZILEIRO 50m: 29.15 29.15 100m: 1:01.51	01 Uniao Coimbra	2:03.48	521
6. Pedro Simoes, RODRIGUES 50m: 29.29 29.29 100m: 1:01.26	01 Uniao Coimbra	2:03.74	517
7. Jose Pedro, ANTUNES 50m: 29.28 29.28 100m: 1:01.05	00 Academica de Coimbra	2:04.42	509
8. Vasco Pereira, BASTOS 50m: 29.04 29.04 100m: 1:01.02	02 Nautico Academico	2:05.06	501
9. Rui Mamede, SANTOS 50m: 29.29 29.29 100m: 1:01.27	04 Uniao Coimbra	2:05.15	500
10. Miguel Freitas, OVIEDO 50m: 30.05 30.05 100m: 1:02.98	02 Academica de Coimbra	2:05.90	491
11. Goncalo Brites, MOITA 50m: 28.43 28.43 100m: 1:00.03	04 Uniao Coimbra	2:06.10	489
12. Carlos Manuel, MARQUES 50m: 29.30 29.30 100m: 1:00.96	00 Academica de Coimbra	2:06.71	482
13. Joao Ventura, PAIS 50m: 29.36 29.36 100m: 1:01.79	02 Fundacao Beatriz Santos	2:07.20	476
14. Ricardo Marques, PEREIRA 50m: 29.50 29.50 100m: 1:02.89	01 Condeixa Clube	2:07.80	470
15. Francisco Miguel, CARVALHO 50m: 29.86 29.86 100m: 1:02.63	00 Academica de Coimbra	2:07.89	469
16. Miguel Caridade, GASPAS 50m: 29.87 29.87 100m: 1:02.51	99 Academica de Coimbra	2:08.04	467
17. Afonso Miguel, AMADO 50m: 29.52 29.52 100m: 1:02.46	05 Miranda do Corvo	2:08.64	460
18. Joaquim Agra, MERUJE 50m: 29.89 29.89 100m: 1:02.35	01 Uniao Coimbra	2:08.67	460
19. Rui Joao, MARQUES 50m: 29.64 29.64 100m: 1:02.64	02 Nautico Academico	2:09.26	454
20. Alberto Antonio, SANTOS 50m: 29.26 29.26 100m: 1:02.03	01 S. Pedro Alva	2:09.76	449
21. David Valdagua, COUTINHO 50m: 30.26 30.26 100m: 1:03.92	03 Uniao Coimbra	2:11.00	436

Torneio de Preparação ANC - PC
Condeixa, 1-11-2019

Prova 10, Masc., 200m Livres, Absoluto

Lugar			Ano					Tempo final	Pts
22.	Alexandre Miguel, BRAS	03	S. Pedro Alva	2:11.39	432				
	50m: 29.06 29.06	100m: 1:01.48	32.42	150m: 1:36.05	34.57	200m: 2:11.39	35.34		
23.	Rodrigo Alexandre, PATRICIO	98	Academica de Coimbra	2:11.59	430				
	50m: 29.99 29.99	100m: 1:03.81	33.82	150m: 1:38.54	34.73	200m: 2:11.59	33.05		
24.	Carlos Eduardo, BENTO	05	Miranda do Corvo	2:12.07	425				
	50m: 30.29 30.29	100m: 1:04.17	33.88	150m: 1:38.43	34.26	200m: 2:12.07	33.64		
25.	Goncalo Moreira, SANTOS	01	Academica de Coimbra	2:13.44	412				
	50m: 29.93 29.93	100m: 1:03.70	33.77	150m: 1:38.73	35.03	200m: 2:13.44	34.71		
26.	Goncalo Carvalho, SANTOS	05	Louzan Natacao	2:13.64	411				
	50m: 30.98 30.98	100m: 1:04.96	33.98	150m: 1:39.85	34.89	200m: 2:13.64	33.79		
27.	Rafael Alves, CAMPOS	04	S. Pedro Alva	2:13.71	410				
	50m: 30.31 30.31	100m: 1:04.80	34.49	150m: 1:39.56	34.76	200m: 2:13.71	34.15		
28.	Francisco Alberto, LUCAS	00	Academica de Coimbra	2:14.44	403				
	50m: 30.88 30.88	100m: 1:05.54	34.66	150m: 1:40.60	35.06	200m: 2:14.44	33.84		
29.	Gabriel Jose, JULIO	01	Academica de Coimbra	2:14.59	402				
	50m: 30.50 30.50	100m: 1:04.22	33.72	150m: 1:38.72	34.50	200m: 2:14.59	35.87		
30.	Samuel Baptista, FIGUEIRA	05	Miranda do Corvo	2:15.43	395				
	50m: 31.17 31.17	100m: 1:04.89	33.72	150m: 1:40.51	35.62	200m: 2:15.43	34.92		
31.	Tomas Varanda, OLIVEIRA	06	Columbofila Cantanhedense	2:17.10	380				
	50m: 31.14 31.14	100m: 1:05.88	34.74	150m: 1:41.43	35.55	200m: 2:17.10	35.67		
32.	Pedro Miguel, FLORIDO	04	Fundacao Beatriz Santos	2:17.61	376				
	50m: 31.65 31.65	100m: 1:07.70	36.05	150m: 1:43.17	35.47	200m: 2:17.61	34.44		
33.	Manuel Baptista, SIMOES	03	Uniao Coimbra	2:17.82	374				
	50m: 30.40 30.40	100m: 1:06.02	35.62	150m: 1:41.63	35.61	200m: 2:17.82	36.19		
34.	Duarte Jose, FERNANDES	06	Uniao Coimbra	2:19.08	364				
	50m: 32.78 32.78	100m: 1:08.48	35.70	150m: 1:44.52	36.04	200m: 2:19.08	34.56		
35.	Diogo Simoes, DIAS	05	Louzan Natacao	2:20.78	351				
	50m: 33.00 33.00	100m: 1:08.70	35.70	150m: 1:45.43	36.73	200m: 2:20.78	35.35		
36.	Bernardo Jorge, VENTURA	03	Academica de Coimbra	2:21.45	346				
	50m: 32.02 32.02	100m: 1:07.36	35.34	150m: 1:44.53	37.17	200m: 2:21.45	36.92		
37.	Bruno Miguel, NUNES	99	Nautico Academico	2:22.03	342				
	50m: 32.00 32.00	100m: 1:08.36	36.36	150m: 1:44.97	36.61	200m: 2:22.03	37.06		
38.	Renato Maria, FERREIRA	04	Vigor da Mocidade	2:22.76	337				
	50m: 32.57 32.57	100m: 1:09.18	36.61	150m: 1:46.52	37.34	200m: 2:22.76	36.24		
39.	Jose Miguel, SILVA	02	Nautico Academico	2:24.18	327				
	50m: 32.27 32.27	100m: 1:08.46	36.19	150m: 1:46.55	38.09	200m: 2:24.18	37.63		
40.	Filipe Cruz, SIMOES	06	Miranda do Corvo	2:25.17	320				
	50m: 33.11 33.11	100m: 1:10.87	37.76	150m: 1:49.27	38.40	200m: 2:25.17	35.90		
41.	Antonio, GLAVATSKY	05	Academica de Coimbra	2:25.71	317				
	50m: 32.65 32.65	100m: 1:09.83	37.18	150m: 1:48.43	38.60	200m: 2:25.71	37.28		
42.	Alexandre Viegas, MARTINS	04	Uniao Coimbra	2:25.99	315				
	50m: 29.09 29.09	100m: 1:04.90	35.81	150m: 1:45.50	40.60	200m: 2:25.99	40.49		
43.	Dinis Raimundo, SILVA	05	Academica de Coimbra	2:26.82	310				
	50m: 33.59 33.59	100m: 1:12.02	38.43	150m: 1:50.44	38.42	200m: 2:26.82	36.38		
44.	Francisco Cruz, CARVALHO	06	S. Pedro Alva	2:27.65	304				
	50m: 35.13 35.13	100m: 1:13.73	38.60	150m: 1:52.74	39.01	200m: 2:27.65	34.91		
	Gabriel Jose, FIGUEIRA	01	Academica de Coimbra	2:27.65	304				
	50m: 33.42 33.42	100m: 1:10.57	37.15	150m: 1:49.90	39.33	200m: 2:27.65	37.75		

Torneio de Preparação ANC - PC
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Prova 10, Masc., 200m Livres, Absoluto

Lugar					Ano					Tempo final	Pts	
46.	Joao Neves, LUCAS				06	Columbofila Cantanhedense				2:27.74	304	
	50m:	34.11	34.11	100m:	1:11.94	37.83	150m:	1:50.24	38.30	200m:	2:27.74	37.50
	Diogo Rodrigues, CARVALHO				05	Vigor da Mocidade				2:27.74	304	
	50m:	33.88	33.88	100m:	1:12.45	38.57	150m:	1:51.45	39.00	200m:	2:27.74	36.29
48.	Gustavo Teixeira, PIRES				06	Columbofila Cantanhedense				2:27.92	303	
	50m:	34.58	34.58	100m:	1:12.63	38.05	150m:	1:51.44	38.81	200m:	2:27.92	36.48
49.	Bruno Costa, RODRIGUES				06	Columbofila Cantanhedense				2:29.09	296	
	50m:	34.98	34.98	100m:	1:12.45	37.47	150m:	1:50.92	38.47	200m:	2:29.09	38.17
50.	Miguel Cunha, GASPAS				06	Columbofila Cantanhedense				2:29.51	293	
	50m:	34.52	34.52	100m:	1:12.73	38.21	150m:	1:51.95	39.22	200m:	2:29.51	37.56
51.	Alexandre, DZYAKANAV				07	Louzan Natacao				2:30.10	290	
	50m:	35.30	35.30	100m:	1:14.43	39.13	150m:	1:53.22	38.79	200m:	2:30.10	36.88
52.	Pedro Fernandes, CARVALHO				06	Miranda do Corvo				2:30.53	287	
	50m:	35.00	35.00	100m:	1:13.82	38.82	150m:	1:52.90	39.08	200m:	2:30.53	37.63
53.	Afonso Vidal, TOMAS				06	Louzan Natacao				2:30.99	285	
	50m:	34.68	34.68	100m:	1:13.42	38.74	150m:	1:53.38	39.96	200m:	2:30.99	37.61
54.	Rodrigo Costa, CRUZ				06	Academica de Coimbra				2:31.52	282	
	50m:	34.61	34.61	100m:	1:13.44	38.83	150m:	1:53.39	39.95	200m:	2:31.52	38.13
55.	Tome Santiago, MENDES				05	Vigor da Mocidade				2:36.34	256	
	50m:	36.62	36.62	100m:	1:15.94	39.32	150m:	1:56.82	40.88	200m:	2:36.34	39.52
56.	Edgar Tavares, MENDES				06	Academica de Coimbra				2:38.12	248	
	50m:	35.51	35.51	100m:	1:16.58	41.07	150m:	1:58.61	42.03	200m:	2:38.12	39.51
57.	Gustavo Silva, RODRIGUES				06	Louzan Natacao				2:38.43	246	
	50m:	35.76	35.76	100m:	1:16.05	40.29	150m:	1:57.45	41.40	200m:	2:38.43	40.98
58.	Rodrigo Neves, DUARTE				06	Louzan Natacao				2:38.74	245	
	50m:	37.43	37.43	100m:	1:18.89	41.46	150m:	2:00.12	41.23	200m:	2:38.74	38.62
59.	Simao Domingues, PAZ				06	Miranda do Corvo				2:38.86	244	
	50m:	36.86	36.86	100m:	1:18.30	41.44	150m:	1:59.60	41.30	200m:	2:38.86	39.26
60.	Henrique Tavares, DIAS				06	Nautico Academico				2:39.72	240	
	50m:	37.15	37.15	100m:	1:18.61	41.46	150m:	2:00.56	41.95	200m:	2:39.72	39.16
61.	Joao Ferreira, MARQUES				06	Academica de Coimbra				2:40.86	235	
	50m:	37.78	37.78	100m:	1:20.46	42.68	150m:	2:01.87	41.41	200m:	2:40.86	38.99
62.	Tomas Alexandre, LARANJEIRA				03	S. Pedro Alva				2:41.82	231	
	50m:	36.05	36.05	100m:	1:17.44	41.39	150m:	2:00.06	42.62	200m:	2:41.82	41.76
63.	David Ferreira, SILVA				07	Academica de Coimbra				2:42.28	229	
	50m:	38.19	38.19	100m:	1:19.78	41.59	150m:	2:01.63	41.85	200m:	2:42.28	40.65
64.	Guilherme Marques, ALMEIDA				07	Academica de Coimbra				2:43.04	226	
	50m:	36.08	36.08	100m:	1:17.03	40.95	150m:	2:00.08	43.05	200m:	2:43.04	42.96
65.	Miguel Joao, PINHEIRO				06	Academica de Coimbra				2:43.80	223	
	50m:	35.59	35.59	100m:	1:17.40	41.81	150m:	2:01.60	44.20	200m:	2:43.80	42.20
66.	Joao Miguel, MARTINS				07	S. Pedro Alva				2:47.50	208	
	50m:	38.32	38.32	100m:	1:21.49	43.17	150m:	2:05.99	44.50	200m:	2:47.50	41.51
67.	Martim Pedro, DUARTE				07	Academica de Coimbra				2:48.13	206	
	50m:	38.47	38.47	100m:	1:22.12	43.65	150m:	2:06.69	44.57	200m:	2:48.13	41.44
68.	Duarte Cachulo, MARQUES				07	Condeixa Clube				2:48.52	205	
	50m:	38.17	38.17	100m:	1:22.28	44.11	150m:	2:06.58	44.30	200m:	2:48.52	41.94
69.	Goncalo Miranda, FERNANDES				07	Vigor da Mocidade				2:48.75	204	
	50m:	39.06	39.06	100m:	1:23.53	44.47	150m:	2:08.99	45.46	200m:	2:48.75	39.76

Torneio de Preparação ANC - PC
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Prova 10, Masc., 200m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
70. Afonso Simoes, FERREIRA 50m: 40.08 40.08 100m: 1:25.38 45.30 150m: 2:11.60 46.22 200m: 2:54.75 43.15	07 Vigor da Mocidade	2:54.75	183
71. Bernardo Almas, MALHAO 50m: 38.41 38.41 100m: 1:25.02 46.61 150m: 2:13.04 48.02 200m: 2:57.90 44.86	07 Vigor da Mocidade	2:57.90	174
72. Joao Afonso, MACHADO 50m: 38.90 38.90 100m: 1:27.30 48.40 150m: 2:14.96 47.66 200m: 3:00.89 45.93	06 Vigor da Mocidade	3:00.89	165
DSQ Goncalo Dinis, NEVES <i>Falsa partida</i>	07 Nautico Academico		
DSQ Francisco Jose, SIMOES <i>Falsa partida</i>	07 Vigor da Mocidade		
DSQ Francisco Couto, FRAZAO <i>Falsa partida</i>	06 Uniao Coimbra		
DNS Diogo Matos, RIBEIRO	04 Uniao Coimbra		
EXH Diogo Luis, CANCELA 50m: 34.14 34.14 100m: 1:11.65 37.51 150m: 1:50.92 39.27 200m: 2:29.31 38.39	02 Miranda do Corvo	2:29.31	294

Prova 11

01-11-2019 - 17:15

Femin., 200m Bruços

Absoluto
Resultados

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Maria Carlota, REBELO 50m: 37.02 37.02 100m: 1:17.77 40.75 150m: 1:58.45 40.68 200m: 2:39.40 40.95	03 Louzan Natacao	2:39.40	601
2. Beatriz Monteiro, TOMAS 50m: 37.28 37.28 100m: 1:17.97 40.69 150m: 1:59.09 41.12 200m: 2:40.49 41.40	03 Fundacao Beatriz Santos	2:40.49	589
3. Matilde Alves, FLORENCIO 50m: 38.75 38.75 100m: 1:22.90 44.15 150m: 2:07.91 45.01 200m: 2:53.29 45.38	04 Condeixa Clube	2:53.29	468
4. Maria Caetano, LAMAS 50m: 39.94 39.94 100m: 1:24.94 45.00 150m: 2:10.15 45.21 200m: 2:53.79 43.64	04 Miranda do Corvo	2:53.79	464
5. Leonor Correia, PAIVA 50m: 39.46 39.46 100m: 1:23.27 43.81 150m: 2:08.60 45.33 200m: 2:54.14 45.54	04 Louzan Natacao	2:54.14	461
6. Ana Carolina, NEVES 50m: 41.38 41.38 100m: 1:26.39 45.01 150m: 2:11.72 45.33 200m: 2:56.95 45.23	00 Academica de Coimbra	2:56.95	439
7. Sara Dias, NEVES 50m: 41.09 41.09 100m: 1:26.64 45.55 150m: 2:12.26 45.62 200m: 2:57.96 45.70	03 Miranda do Corvo	2:57.96	432
8. Bruna Cruz, CARVALHO 50m: 40.80 40.80 100m: 1:27.05 46.25 150m: 2:13.44 46.39 200m: 2:58.06 44.62	03 S. Pedro Alva	2:58.06	431
9. Camila Alexandra, SILVA 50m: 41.09 41.09 100m: 1:26.88 45.79 150m: 2:12.95 46.07 200m: 2:59.73 46.78	03 Columbofila Cantanhedense	2:59.73	419
10. Joana Ventura, PAIS 50m: 42.29 42.29 100m: 1:29.41 47.12 150m: 2:16.30 46.89 200m: 3:02.83 46.53	06 Fundacao Beatriz Santos	3:02.83	398
11. Leonor Horta, COSTA 50m: 42.89 42.89 100m: 1:28.87 45.98 150m: 2:15.79 46.92 200m: 3:03.18 47.39	04 Uniao Coimbra	3:03.18	396
12. Maria Ines, ALVES 50m: 41.50 41.50 100m: 1:28.41 46.91 150m: 2:16.54 48.13 200m: 3:03.71 47.17	05 Academica de Coimbra	3:03.71	393
13. Marta Domingues, GAMEIRO 50m: 41.98 41.98 100m: 1:29.18 47.20 150m: 2:15.98 46.80 200m: 3:03.88 47.90	04 Nautico Academico	3:03.88	391

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Prova 11, Femin., 200m Bruços, Absoluto

Lugar			Ano					Tempo final	Pts
14.	Ana Sofia, CASTANHEIRA	04	Condeixa Clube	3:06.99	372				
	50m: 43.26 43.26	100m: 1:30.52	47.26	150m: 2:18.66	48.14	200m: 3:06.99	48.33		
15.	Matilde Neves, CRAVEIRO	06	Academica de Coimbra	3:08.05	366				
	50m: 43.16 43.16	100m: 1:30.27	47.11	150m: 2:19.04	48.77	200m: 3:08.05	49.01		
16.	Maria Neto, FERREIRA	06	Fundacao Beatriz Santos	3:13.20	337				
	50m: 43.60 43.60	100m: 1:32.92	49.32	150m: 2:23.75	50.83	200m: 3:13.20	49.45		
17.	Ines Dias, CRUZ	04	Condeixa Clube	3:13.41	336				
	50m: 45.44 45.44	100m: 1:34.69	49.25	150m: 2:24.37	49.68	200m: 3:13.41	49.04		
18.	Laura Torrao, CARVALHO	05	Nautico Academico	3:17.91	314				
	50m: 44.87 44.87	100m: 1:35.66	50.79	150m: 2:27.60	51.94	200m: 3:17.91	50.31		
19.	Ines Alves, DIAS	06	Fundacao Beatriz Santos	3:19.74	305				
	50m: 46.95 46.95	100m: 1:38.15	51.20	150m: 2:29.43	51.28	200m: 3:19.74	50.31		
20.	Beatriz Andre, GASPAS	06	Nautico Academico	3:20.19	303				
	50m: 47.46 47.46	100m: 1:38.53	51.07	150m: 2:29.96	51.43	200m: 3:20.19	50.23		
21.	Filipa Moniz, PISSARRO	05	Academica de Coimbra	3:23.79	287				
	50m: 47.23 47.23	100m: 1:38.88	51.65	150m: 2:31.39	52.51	200m: 3:23.79	52.40		
22.	Kateryna, DZYAKANAVA	05	Louzan Natacao	3:24.02	286				
	50m: 46.94 46.94	100m: 1:38.64	51.70	150m: 2:31.35	52.71	200m: 3:24.02	52.67		
23.	Cristiana Sofia, ESCADA	07	Academica de Coimbra	3:26.11	278				
	50m: 47.28 47.28	100m: 1:40.47	53.19	150m: 2:34.71	54.24	200m: 3:26.11	51.40		
24.	Mariana Vaz, ALVES	06	Academica de Coimbra	3:28.88	267				
	50m: 48.61 48.61	100m: 1:41.99	53.38	150m: 2:36.12	54.13	200m: 3:28.88	52.76		
25.	Leonor Duarte, VEIGA	07	Vigor da Mocidade	3:29.05	266				
	50m: 47.78 47.78	100m: 1:42.61	54.83	150m: 2:36.81	54.20	200m: 3:29.05	52.24		
26.	Cristiana Sofia, DUARTE	07	Vigor da Mocidade	3:31.30	258				
	50m: 47.32 47.32	100m: 1:41.90	54.58	150m: 2:37.94	56.04	200m: 3:31.30	53.36		
27.	Maria Manuel, CORTESAO	08	Nautico Academico	3:31.57	257				
	50m: 49.24 49.24	100m: 1:42.80	53.56	150m: 2:37.67	54.87	200m: 3:31.57	53.90		
28.	Carolina Vaz, ALVES	08	Academica de Coimbra	3:33.42	250				
	50m: 52.53 52.53	100m: 1:47.25	54.72	150m: 2:41.82	54.57	200m: 3:33.42	51.60		
29.	Laura Silva, FERNANDES	08	Miranda do Corvo	3:36.95	238				
	50m: 50.03 50.03	100m: 1:46.08	56.05	150m: 2:41.76	55.68	200m: 3:36.95	55.19		
30.	Camilla, PARIOTA	04	Uniao Coimbra	3:39.08	231				
	50m: 49.39 49.39	100m: 1:44.78	55.39	150m: 2:42.18	57.40	200m: 3:39.08	56.90		
31.	Filipa Pereira, SILVA	04	S. Pedro Alva	3:40.65	226				
	50m: 49.03 49.03	100m: 1:43.78	54.75	150m: 2:42.45	58.67	200m: 3:40.65	58.20		
32.	Francisca Santos, FERNANDES	08	Miranda do Corvo	3:45.47	212				
	50m: 51.43 51.43	100m: 1:49.71	58.28	150m: 2:48.33	58.62	200m: 3:45.47	57.14		
33.	Matilde Rodrigues, COSTA	07	S. Pedro Alva	3:46.43	209				
	50m: 50.19 50.19	100m: 1:47.39	57.20	150m: 2:47.51	1:00.12	200m: 3:46.43	58.92		
34.	Catarina Sargaco, TEIXEIRA	08	Columbifila Cantanhedense	3:55.19	187				
	50m: 54.67 54.67	100m: 1:54.29	59.62	150m: 2:54.50	1:00.21	200m: 3:55.19	1:00.69		
35.	Rafaela Ferreira, MIGUEL	06	S. Pedro Alva	3:55.35	186				
	50m: 52.12 52.12	100m: 1:51.98	59.86	150m: 2:54.04	1:02.06	200m: 3:55.35	1:01.31		
36.	Rita Mendes, SANTOS	06	Vigor da Mocidade	4:03.59	168				
	50m: 53.37 53.37	100m: 1:55.48	1:02.11	150m: 2:59.55	1:04.07	200m: 4:03.59	1:04.04		
37.	Lara Sofia, SANTOS	06	Vigor da Mocidade	4:26.58	128				
	50m: 1:00.36 1:00.36	100m: 2:10.63	1:10.27	150m: 3:20.80	1:10.17	200m: 4:26.58	1:05.78		

Torneio de Preparação ANC - PC
Condeixa, 1-11-2019

Prova 11, Femin., 200m Bruços, Absoluto

Lugar	Ano	Tempo final	Pts
DSQ Rita Isabel, NEVES <i>Falsa partida</i>	08 CASPAE		
DNS Barbara Azambujo, MELO	02 Academica de Coimbra		

Prova 12

01-11-2019 - 17:35

Masc., 400m Estilos

Absoluto
Resultados

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Andre Gouveia, COSTA 50m: 29.78 29.78 150m: 1:42.39 38.55 250m: 3:01.05 40.96 350m: 4:17.52 35.39 100m: 1:03.84 34.06 200m: 2:20.09 37.70 300m: 3:42.13 41.08 400m: 4:50.27 32.75	01 Condeixa Clube	4:50.27	534
2. Afonso Miguel, AMADO 50m: 33.39 33.39 150m: 1:52.39 41.17 250m: 3:15.94 43.19 350m: 4:34.23 34.38 100m: 1:11.22 37.83 200m: 2:32.75 40.36 300m: 3:59.85 43.91 400m: 5:07.02 32.79	05 Miranda do Corvo	5:07.02	451
3. Joao Pedro, DIAS 50m: 32.16 32.16 150m: 1:47.19 37.37 250m: 3:09.75 46.40 350m: 4:33.30 36.67 100m: 1:09.82 37.66 200m: 2:23.35 36.16 300m: 3:56.63 46.88 400m: 5:07.39 34.09	02 Fundacao Beatriz Santos	5:07.39	449
4. Tomas Carvalho, SANTOS 50m: 33.80 33.80 150m: 1:52.22 40.38 250m: 3:15.72 44.94 350m: 4:35.76 35.12 100m: 1:11.84 38.04 200m: 2:30.78 38.56 300m: 4:00.64 44.92 400m: 5:09.03 33.27	05 Louzan Natacao	5:09.03	442
5. Vasco Pereira, BASTOS 50m: 34.77 34.77 150m: 1:56.65 41.88 250m: 3:20.72 42.27 350m: 4:39.94 35.15 100m: 1:14.77 40.00 200m: 2:38.45 41.80 300m: 4:04.79 44.07 400m: 5:14.62 34.68	02 Nautico Academico	5:14.62	419
6. Rui Joao, MARQUES 50m: 33.76 33.76 150m: 1:55.48 41.85 250m: 3:22.58 45.85 350m: 4:46.62 36.78 100m: 1:13.63 39.87 200m: 2:36.73 41.25 300m: 4:09.84 47.26 400m: 5:22.88 36.26	02 Nautico Academico	5:22.88	388
7. Goncalo Carvalho, SANTOS 50m: 34.76 34.76 150m: 1:56.62 43.07 250m: 3:25.39 47.54 350m: 4:48.98 36.42 100m: 1:13.55 38.79 200m: 2:37.85 41.23 300m: 4:12.56 47.17 400m: 5:23.04 34.06	05 Louzan Natacao	5:23.04	387
8. Samuel Baptista, FIGUEIRA 50m: 35.40 35.40 150m: 1:59.99 42.60 250m: 3:26.69 46.79 350m: 4:49.72 35.95 100m: 1:17.39 41.99 200m: 2:39.90 39.91 300m: 4:13.77 47.08 400m: 5:25.13 35.41	05 Miranda do Corvo	5:25.13	380
9. Alexandre Miguel, BRAS 50m: 35.56 35.56 150m: 2:01.28 45.27 250m: 3:26.89 43.68 350m: 4:51.71 40.20 100m: 1:16.01 40.45 200m: 2:43.21 41.93 300m: 4:11.51 44.62 400m: 5:29.97 38.26	03 S. Pedro Alva	5:29.97	363
10. Afonso Corte-Real, GRILLO 50m: 36.18 36.18 150m: 2:00.92 42.32 250m: 3:30.00 48.10 350m: 4:56.39 37.40 100m: 1:18.60 42.42 200m: 2:41.90 40.98 300m: 4:18.99 48.99 400m: 5:33.14 36.75	04 Fundacao Beatriz Santos	5:33.14	353
11. Diogo Simoes, DIAS 50m: 37.68 37.68 150m: 2:01.90 42.84 250m: 3:33.05 49.49 350m: 4:59.67 36.87 100m: 1:19.06 41.38 200m: 2:43.56 41.66 300m: 4:22.80 49.75 400m: 5:35.12 35.45	05 Louzan Natacao	5:35.12	347
12. Guilherme Marques, PEREIRA 50m: 36.88 36.88 150m: 2:01.57 41.09 250m: 3:34.38 52.26 350m: 5:03.25 37.19 100m: 1:20.48 43.60 200m: 2:42.12 40.55 300m: 4:26.06 51.68 400m: 5:39.23 35.98	06 Condeixa Clube	5:39.23	334
13. Jose Miguel, SILVA 50m: 37.13 37.13 150m: 2:06.36 46.93 250m: 3:37.03 45.13 350m: 5:02.93 39.32 100m: 1:19.43 42.30 200m: 2:51.90 45.54 300m: 4:23.61 46.58 400m: 5:40.70 37.77	02 Nautico Academico	5:40.70	330
14. Jose Miguel, MARQUES 50m: 38.62 38.62 150m: 2:08.83 46.95 250m: 3:41.89 49.26 350m: 5:11.67 40.47 100m: 1:21.88 43.26 200m: 2:52.63 43.80 300m: 4:31.20 49.31 400m: 5:50.58 38.91	06 Condeixa Clube	5:50.58	303
15. Afonso Vidal, TOMAS 50m: 37.48 37.48 150m: 2:07.72 43.93 250m: 3:41.61 51.22 350m: 5:13.70 39.22 100m: 1:23.79 46.31 200m: 2:50.39 42.67 300m: 4:34.48 52.87 400m: 5:51.64 37.94	06 Louzan Natacao	5:51.64	300

Torneio de Preparação ANC - PC
Condeixa, 1-11-2019

Prova 12, Masc., 400m Estilos, Absoluto

Lugar	Ano	Tempo final	Pts
16. Pedro Fernandes, CARVALHO	06	Miranda do Corvo	5:52.15 299
50m: 39.03 39.03 150m: 2:12.10 45.56 250m: 3:43.61 47.71 350m: 5:13.78 41.26			
100m: 1:26.54 47.51 200m: 2:55.90 43.80 300m: 4:32.52 48.91 400m: 5:52.15 38.37			
17. Martim Alexandre, SILVA	07	Columbofila Cantanhedense	5:53.14 296
50m: 39.69 39.69 150m: 2:12.53 46.11 250m: 3:47.33 49.20 350m: 5:16.51 38.66			
100m: 1:26.42 46.73 200m: 2:58.13 45.60 300m: 4:37.85 50.52 400m: 5:53.14 36.63			
18. Miguel Bernardo, ARAUJO	06	Condeixa Clube	5:55.58 290
50m: 39.76 39.76 150m: 2:12.87 45.35 250m: 3:45.87 49.89 350m: 5:18.43 40.79			
100m: 1:27.52 47.76 200m: 2:55.98 43.11 300m: 4:37.64 51.77 400m: 5:55.58 37.15			
19. Diogo Cura, NEVES	06	Condeixa Clube	5:56.83 287
50m: 39.10 39.10 150m: 2:13.18 46.04 250m: 3:47.26 49.47 350m: 5:19.04 42.04			
100m: 1:27.14 48.04 200m: 2:57.79 44.61 300m: 4:37.00 49.74 400m: 5:56.83 37.79			
20. Alexandre, DZYAKANAV	07	Louzan Natacao	6:00.26 279
50m: 40.72 40.72 150m: 2:15.22 45.41 250m: 3:49.91 50.36 350m: 5:21.04 40.73			
100m: 1:29.81 49.09 200m: 2:59.55 44.33 300m: 4:40.31 50.40 400m: 6:00.26 39.22			
21. Tomas Alexandre, LARANJEIRA	03	S. Pedro Alva	6:12.99 251
50m: 38.10 38.10 150m: 2:11.63 47.33 250m: 3:50.95 53.33 350m: 5:28.69 43.39			
100m: 1:24.30 46.20 200m: 2:57.62 45.99 300m: 4:45.30 54.35 400m: 6:12.99 44.30			
22. Simao Domingues, PAZ	06	Miranda do Corvo	6:26.90 225
50m: 42.50 42.50 150m: 2:22.16 48.85 250m: 4:05.22 56.48 350m: 5:44.96 43.60			
100m: 1:33.31 50.81 200m: 3:08.74 46.58 300m: 5:01.36 56.14 400m: 6:26.90 41.94			
EXH Diogo Luis, CANCELA	02	Miranda do Corvo	5:47.99 309
50m: 36.60 36.60 150m: 2:04.52 47.10 250m: 3:39.68 48.90 350m: 5:09.01 41.09			
100m: 1:17.42 40.82 200m: 2:50.78 46.26 300m: 4:27.92 48.24 400m: 5:47.99 38.98			

Prova 13
01-11-2019 - 18:00

Femin., 200m Costas

Absoluto
Resultados

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Joana Beatriz, BERNARDO	99	Fundacao Beatriz Santos	2:25.86 546
50m: 35.43 35.43 100m: 1:12.51 37.08 150m: 1:49.58 37.07 200m: 2:25.86 36.28			
2. Leonor Correia, PAIVA	04	Louzan Natacao	2:29.97 502
50m: 34.87 34.87 100m: 1:12.65 37.78 150m: 1:51.77 39.12 200m: 2:29.97 38.20			
3. Marisa Isabel, NOBRE	05	Columbofila Cantanhedense	2:30.15 500
50m: 35.50 35.50 100m: 1:13.25 37.75 150m: 1:52.01 38.76 200m: 2:30.15 38.14			
4. Barbara Azambujo, MELO	02	Academica de Coimbra	2:31.53 487
50m: 37.54 37.54 100m: 1:15.84 38.30 150m: 1:54.37 38.53 200m: 2:31.53 37.16			
5. Beatriz Ferreira, GASPAR	04	Uniao Coimbra	2:33.75 466
50m: 37.19 37.19 100m: 1:16.29 39.10 150m: 1:55.14 38.85 200m: 2:33.75 38.61			
6. Ana Luisa, RODRIGUES	03	Louzan Natacao	2:33.99 464
50m: 36.76 36.76 100m: 1:15.85 39.09 150m: 1:55.07 39.22 200m: 2:33.99 38.92			
7. Sara Dias, NEVES	03	Miranda do Corvo	2:35.71 448
50m: 36.44 36.44 100m: 1:16.12 39.68 150m: 1:56.04 39.92 200m: 2:35.71 39.67			
8. Ana Carolina, MONTEIRO	04	Uniao Coimbra	2:36.05 446
50m: 36.37 36.37 100m: 1:15.22 38.85 150m: 1:55.66 40.44 200m: 2:36.05 40.39			
9. Diana Silva, TINOCO	06	Columbofila Cantanhedense	2:36.36 443
50m: 37.71 37.71 100m: 1:17.30 39.59 150m: 1:57.28 39.98 200m: 2:36.36 39.08			
10. Matilde Batista, FERREIRA	06	Fundacao Beatriz Santos	2:36.66 440
50m: 36.54 36.54 100m: 1:15.82 39.28 150m: 1:57.40 41.58 200m: 2:36.66 39.26			

Torneio de Preparação ANC - PC
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Prova 13, Femin., 200m Costas, Absoluto

Lugar			Ano					Tempo final	Pts
11.	Sara Sofia, TEJO		03	Condeixa Clube				2:38.80	423
	50m: 37.12	37.12	100m: 1:16.98	39.86	150m: 1:57.70	40.72	200m: 2:38.80	41.10	
12.	Ana Matos, CABRAL		05	Condeixa Clube				2:39.20	420
	50m: 38.26	38.26	100m: 1:18.95	40.69	150m: 2:00.38	41.43	200m: 2:39.20	38.82	
13.	Matilde Domingues, GAMEIRO		97	Nautico Academico				2:39.77	415
	50m: 37.92	37.92	100m: 1:18.31	40.39	150m: 1:59.12	40.81	200m: 2:39.77	40.65	
14.	Barbara Almeida, SIMOES		05	Uniao Coimbra				2:39.87	414
	50m: 36.79	36.79	100m: 1:17.11	40.32	150m: 1:58.47	41.36	200m: 2:39.87	41.40	
15.	Daniela Portela, MENDES		04	Fundacao Beatriz Santos				2:40.28	411
	50m: 36.93	36.93	100m: 1:17.82	40.89	150m: 1:59.08	41.26	200m: 2:40.28	41.20	
16.	Maria Caetano, LAMAS		04	Miranda do Corvo				2:42.22	397
	50m: 38.81	38.81	100m: 1:19.89	41.08	150m: 2:01.62	41.73	200m: 2:42.22	40.60	
17.	Dania Rodrigues, SIMOES		07	Louzan Natacao				2:44.04	383
	50m: 40.02	40.02	100m: 1:22.26	42.24	150m: 2:04.34	42.08	200m: 2:44.04	39.70	
18.	Joana Filipa, VARELA		06	Nautico Academico				2:44.15	383
	50m: 38.02	38.02	100m: 1:19.58	41.56	150m: 2:02.05	42.47	200m: 2:44.15	42.10	
19.	Rita Lima, PIRES		05	Nautico Academico				2:45.59	373
	50m: 38.63	38.63	100m: 1:20.59	41.96	150m: 2:03.42	42.83	200m: 2:45.59	42.17	
20.	Beatriz Silva, NEVES		06	Fundacao Beatriz Santos				2:45.72	372
	50m: 38.83	38.83	100m: 1:20.42	41.59	150m: 2:02.95	42.53	200m: 2:45.72	42.77	
21.	Bruna Cruz, CARVALHO		03	S. Pedro Alva				2:47.79	358
	50m: 39.51	39.51	100m: 1:21.98	42.47	150m: 2:05.09	43.11	200m: 2:47.79	42.70	
22.	Filipa Victor, VIEIRA		04	Academica de Coimbra				2:48.28	355
	50m: 40.98	40.98	100m: 1:23.61	42.63	150m: 2:07.18	43.57	200m: 2:48.28	41.10	
23.	Madalena Barra, MEDEIROS		06	Vigor da Mocidade				2:49.30	349
	50m: 38.93	38.93	100m: 1:21.76	42.83	150m: 2:05.56	43.80	200m: 2:49.30	43.74	
24.	Ana Filipa, SILVA		04	Academica de Coimbra				2:49.42	348
	50m: 40.83	40.83	100m: 1:23.85	43.02	150m: 2:07.40	43.55	200m: 2:49.42	42.02	
25.	Beatriz Sa, GAMA		05	Condeixa Clube				2:49.96	345
	50m: 40.58	40.58	100m: 1:24.14	43.56	150m: 2:07.48	43.34	200m: 2:49.96	42.48	
26.	Diana Costa, OLIVEIRA		04	Uniao Coimbra				2:50.13	344
	50m: 41.40	41.40	100m: 1:24.97	43.57	150m: 2:07.91	42.94	200m: 2:50.13	42.22	
27.	Laura Rodrigues, MARGATO		04	Academica de Coimbra				2:50.61	341
	50m: 40.50	40.50	100m: 1:23.69	43.19	150m: 2:07.91	44.22	200m: 2:50.61	42.70	
28.	Mariana Fonseca, SILVA		06	Condeixa Clube				2:52.10	332
	50m: 40.13	40.13	100m: 1:23.38	43.25	150m: 2:08.71	45.33	200m: 2:52.10	43.39	
29.	Kateryna, DZYAKANAVA		05	Louzan Natacao				2:52.17	332
	50m: 41.26	41.26	100m: 1:24.66	43.40	150m: 2:09.12	44.46	200m: 2:52.17	43.05	
30.	Maria Beatriz, RODRIGUES		04	Condeixa Clube				2:53.00	327
	50m: 40.74	40.74	100m: 1:24.43	43.69	150m: 2:09.44	45.01	200m: 2:53.00	43.56	
31.	Beatriz Pereira, MARQUES		05	Columbifila Cantanhedense				2:55.62	312
	50m: 42.41	42.41	100m: 1:26.96	44.55	150m: 2:11.71	44.75	200m: 2:55.62	43.91	
32.	Beatriz Pereira, ANDRADE		06	Condeixa Clube				2:59.25	294
	50m: 43.82	43.82	100m: 1:29.16	45.34	150m: 2:14.96	45.80	200m: 2:59.25	44.29	
33.	Camila Cavaleiro, SILVA		05	Columbifila Cantanhedense				2:59.77	291
	50m: 43.06	43.06	100m: 1:28.25	45.19	150m: 2:13.95	45.70	200m: 2:59.77	45.82	
34.	Laura Torrao, CARVALHO		05	Nautico Academico				3:01.02	285
	50m: 42.35	42.35	100m: 1:28.74	46.39	150m: 2:16.10	47.36	200m: 3:01.02	44.92	

Torneio de Preparação ANC - PC
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Prova 13, Femin., 200m Costas, Absoluto

Lugar			Ano					Tempo final	Pts
35.	Lara Carvalho, SANTOS	07	Nautico Academico					3:01.25	284
	50m: 42.59 42.59	100m: 1:28.86	46.27	150m: 2:16.46	47.60	200m: 3:01.25	44.79		
36.	Maria Fernandes, LOBO	05	Nautico Academico					3:02.52	278
	50m: 43.71 43.71	100m: 1:30.31	46.60	150m: 2:16.71	46.40	200m: 3:02.52	45.81		
37.	Julia Maria, SOARES	08	Miranda do Corvo					3:08.00	255
	50m: 45.32 45.32	100m: 1:34.27	48.95	150m: 2:22.37	48.10	200m: 3:08.00	45.63		
38.	Luna Almeida, RODRIGUES	07	Columbofila Cantanhedense					3:08.36	253
	50m: 45.34 45.34	100m: 1:33.36	48.02	150m: 2:22.02	48.66	200m: 3:08.36	46.34		
39.	Maria Manuel, CORTESAO	08	Nautico Academico					3:08.47	253
	50m: 44.28 44.28	100m: 1:32.79	48.51	150m: 2:21.91	49.12	200m: 3:08.47	46.56		
40.	Leonor Duarte, VEIGA	07	Vigor da Mocidade					3:09.14	250
	50m: 45.71 45.71	100m: 1:34.99	49.28	150m: 2:23.40	48.41	200m: 3:09.14	45.74		
41.	Ana Beatriz, CAMPOS	08	Academica de Coimbra					3:09.75	248
	50m: 43.82 43.82	100m: 1:32.26	48.44	150m: 2:22.92	50.66	200m: 3:09.75	46.83		
42.	Raquel Filipa, JESUS	08	Fundacao Beatriz Santos					3:10.94	243
	50m: 46.35 46.35	100m: 1:36.74	50.39	150m: 2:25.73	48.99	200m: 3:10.94	45.21		
43.	Laura Silva, FERNANDES	08	Miranda do Corvo					3:16.12	224
	50m: 46.91 46.91	100m: 1:36.95	50.04	150m: 2:28.09	51.14	200m: 3:16.12	48.03		
44.	Catarina Almeida, OLIVEIRA	08	Fundacao Beatriz Santos					3:16.75	222
	50m: 48.15 48.15	100m: 1:39.29	51.14	150m: 2:29.11	49.82	200m: 3:16.75	47.64		
45.	Margarida Porto, SOUSA	08	Columbofila Cantanhedense					3:16.93	221
	50m: 48.17 48.17	100m: 1:38.67	50.50	150m: 2:28.89	50.22	200m: 3:16.93	48.04		
46.	Sofia Neto, FERREIRA	08	Fundacao Beatriz Santos					3:20.26	211
	50m: 46.89 46.89	100m: 1:38.24	51.35	150m: 2:29.06	50.82	200m: 3:20.26	51.20		
47.	Ana Sofia, PARAISO	08	Fundacao Beatriz Santos					3:22.81	203
	50m: 47.28 47.28	100m: 1:40.67	53.39	150m: 2:33.68	53.01	200m: 3:22.81	49.13		
48.	Ines Serralheiro, SANTOS	08	Columbofila Cantanhedense					3:23.35	201
	50m: 47.86 47.86	100m: 1:40.33	52.47	150m: 2:33.43	53.10	200m: 3:23.35	49.92		
49.	Maria Gabriela, RANGEL	08	Fundacao Beatriz Santos					3:33.49	174
	50m: 49.44 49.44	100m: 1:44.50	55.06	150m: 2:40.61	56.11	200m: 3:33.49	52.88		
50.	Beatriz Costa, MATOS	07	Fundacao Beatriz Santos					3:33.56	174
	50m: 51.56 51.56	100m: 1:48.34	56.78	150m: 2:42.84	54.50	200m: 3:33.56	50.72		
51.	Mariana Santos, ALMEIDA	08	Columbofila Cantanhedense					3:42.01	154
	50m: 52.23 52.23	100m: 1:48.58	56.35	150m: 2:46.56	57.98	200m: 3:42.01	55.45		
52.	Ines Henriques, SOUSA	04	S. Pedro Alva					3:46.51	145
	50m: 49.83 49.83	100m: 1:48.85	59.02	150m: 2:49.10	1:00.25	200m: 3:46.51	57.41		
53.	Laura Carvalho, FERNANDES	08	Fundacao Beatriz Santos					3:55.84	129
	50m: 55.54 55.54	100m: 1:58.18	1:02.64	150m: 3:00.28	1:02.10	200m: 3:55.84	55.56		
54.	Rita Mendes, SANTOS	06	Vigor da Mocidade					4:17.61	99
	50m: 56.64 56.64	100m: 1:59.85	1:03.21	150m: 3:01.34	1:01.49	200m: 4:17.61	1:16.27		
DNS	Beatriz Ferreira, LOISAS	05	Columbofila Cantanhedense						
DNS	Ana Sequeira, FLORINDO	02	Nautico Academico						
DNS	Angela Rodrigues, REBELO	07	Louzan Natacao						

Torneio de Preparação ANC - PC
Condeixa, 1-11-2019

Prova 14
01-11-2019 - 18:35

Masc., 200m Mariposa

Absoluto
Resultados

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Miguel Freitas, OVIEDO 50m: 31.08 31.08 100m: 1:06.13	02 Academica de Coimbra	2:16.70 35.05 150m: 1:41.50 35.37 200m: 2:16.70	496 35.20
2. Lucas Pereira, BASTOS 50m: 30.43 30.43 100m: 1:05.96	00 Nautico Academico	2:16.96 35.53 150m: 1:41.54 35.58 200m: 2:16.96	493 35.42
3. Pedro Simoes, RODRIGUES 50m: 31.13 31.13 100m: 1:06.06	01 Uniao Coimbra	2:17.74 34.93 150m: 1:41.56 35.50 200m: 2:17.74	485 36.18
4. Rui Mamede, SANTOS 50m: 30.65 30.65 100m: 1:05.84	04 Uniao Coimbra	2:19.18 35.19 150m: 1:43.02 37.18 200m: 2:19.18	470 36.16
5. Joaquim Agra, MERUJE 50m: 29.98 29.98 100m: 1:04.72	01 Uniao Coimbra	2:19.19 34.74 150m: 1:42.12 37.40 200m: 2:19.19	470 37.07
6. Bernardo Vinagre, ARZILEIRO 50m: 32.61 32.61 100m: 1:10.34	01 Uniao Coimbra	2:22.52 37.73 150m: 1:48.13 37.79 200m: 2:22.52	438 34.39
7. Dinis Miranda, DIOGO 50m: 30.95 30.95 100m: 1:08.44	04 Fundacao Beatriz Santos	2:24.06 37.49 150m: 1:46.05 37.61 200m: 2:24.06	424 38.01
8. Miguel Caridade, GASPAS 50m: 32.62 32.62 100m: 1:09.99	99 Academica de Coimbra	2:26.57 37.37 150m: 1:48.49 38.50 200m: 2:26.57	402 38.08
9. Joao Ventura, PAIS 50m: 31.93 31.93 100m: 1:09.79	02 Fundacao Beatriz Santos	2:27.68 37.86 150m: 1:48.02 38.23 200m: 2:27.68	393 39.66
10. Goncalo Pires, LOURENCO 50m: 32.29 32.29 100m: 1:09.76	03 Fundacao Beatriz Santos	2:28.65 37.47 150m: 1:49.02 39.26 200m: 2:28.65	386 39.63
11. Rodrigo Ribeiro, GOMES 50m: 30.78 30.78 100m: 1:07.00	00 Condeixa Clube	2:29.22 36.22 150m: 1:47.75 40.75 200m: 2:29.22	381 41.47
12. Manuel Baptista, SIMOES 50m: 31.50 31.50 100m: 1:09.63	03 Uniao Coimbra	2:30.29 38.13 150m: 1:49.28 39.65 200m: 2:30.29	373 41.01
13. David Valdagua, COUTINHO 50m: 33.81 33.81 100m: 1:12.47	03 Uniao Coimbra	2:30.77 38.66 150m: 1:50.77 38.30 200m: 2:30.77	370 40.00
14. Tomas Carvalho, SANTOS 50m: 33.58 33.58 100m: 1:12.43	05 Louzan Natacao	2:31.97 38.85 150m: 1:51.89 39.46 200m: 2:31.97	361 40.08
15. Goncalo Brites, MOITA 50m: 32.99 32.99 100m: 1:11.20	04 Uniao Coimbra	2:32.10 38.21 150m: 1:51.51 40.31 200m: 2:32.10	360 40.59
16. Jose Miguel, ROCHA 50m: 34.57 34.57 100m: 1:13.12	05 Columbofila Cantanhedense	2:32.69 38.55 150m: 1:52.89 39.77 200m: 2:32.69	356 39.80
17. Ricardo Martins, CARVALHO 50m: 34.55 34.55 100m: 1:13.28	03 Fundacao Beatriz Santos	2:32.94 38.73 150m: 1:53.41 40.13 200m: 2:32.94	354 39.53
18. Carlos Eduardo, BENTO 50m: 33.52 33.52 100m: 1:12.26	05 Miranda do Corvo	2:33.65 38.74 150m: 1:52.66 40.40 200m: 2:33.65	349 40.99
19. Tomas Varanda, OLIVEIRA 50m: 33.34 33.34 100m: 1:13.33	06 Columbofila Cantanhedense	2:38.43 39.99 150m: 1:55.13 41.80 200m: 2:38.43	318 43.30
20. Guilherme Maia, CARDOSO 50m: 34.71 34.71 100m: 1:14.70	05 Columbofila Cantanhedense	2:38.69 39.99 150m: 1:56.65 41.95 200m: 2:38.69	317 42.04
21. Rafael Alves, CAMPOS 50m: 34.87 34.87 100m: 1:16.06	04 S. Pedro Alva	2:38.76 41.19 150m: 1:58.47 42.41 200m: 2:38.76	316 40.29
22. Goncalo Daniel, OLIVEIRA 50m: 34.50 34.50 100m: 1:15.92	04 Fundacao Beatriz Santos	2:38.86 41.42 150m: 1:58.76 42.84 200m: 2:38.86	316 40.10
23. Alberto Antonio, SANTOS 50m: 35.16 35.16 100m: 1:16.23	01 S. Pedro Alva	2:39.13 41.07 150m: 1:57.29 41.06 200m: 2:39.13	314 41.84

Torneio de Preparação ANC - PC
Condeixa, 1-11-2019

Prova 14, Masc., 200m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
24. Joao Neves, ALMEIDA 50m: 35.23 35.23 100m: 1:16.48	05 Fundacao Beatriz Santos	2:39.79 200m: 2:39.79	310 40.96
25. Duarte Jose, FERNANDES 50m: 34.60 34.60 100m: 1:14.80	06 Uniao Coimbra	2:42.14 200m: 2:42.14	297 44.71
26. Vasco Pereira, BASTOS 50m: 34.76 34.76 100m: 1:15.22	02 Nautico Academico	2:43.99 200m: 2:43.99	287 45.38
27. Filipe Cruz, SIMOES 50m: 38.17 38.17 100m: 1:21.78	06 Miranda do Corvo	2:51.18 200m: 2:51.18	252 43.75
28. Renato Maria, FERREIRA 50m: 36.56 36.56 100m: 1:21.47	04 Vigor da Mocidade	2:58.20 200m: 2:58.20	224 48.58
29. Joao Neves, LUCAS 50m: 39.41 39.41 100m: 1:24.48	06 Columbofila Cantanhedense	2:58.79 200m: 2:58.79	221 47.43
30. Tomas Cardoso, GERALDO 50m: 37.67 37.67 100m: 1:23.06	05 Condeixa Clube	2:58.84 200m: 2:58.84	221 47.87
31. Gustavo Teixeira, PIRES 50m: 40.22 40.22 100m: 1:26.65	06 Columbofila Cantanhedense	3:01.84 200m: 3:01.84	210 47.07
32. Gustavo Silva, RODRIGUES 50m: 37.38 37.38 100m: 1:23.48	06 Louzan Natacao	3:04.12 200m: 3:04.12	203 51.23
33. Bruno Costa, RODRIGUES 50m: 39.13 39.13 100m: 1:26.57	06 Columbofila Cantanhedense	3:05.57 200m: 3:05.57	198 49.38
34. Miguel Cunha, GASPAS 50m: 40.42 40.42 100m: 1:29.62	06 Columbofila Cantanhedense	3:08.06 200m: 3:08.06	190 48.09
DNS Diogo Matos, RIBEIRO	04 Uniao Coimbra		
EXH Diogo Luis, CANCELA 50m: 36.37 36.37 100m: 1:16.03	02 Miranda do Corvo	2:36.67 200m: 2:36.67	329 39.41

Prova 15
01-11-2019 - 18:55

Femin., 200m Estilos

Absoluto
Resultados

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Maria Carlota, REBELO 50m: 31.94 31.94 100m: 1:09.36	03 Louzan Natacao	2:26.10 200m: 2:26.10	580 34.14
2. Mariana Carmo, ROSA 50m: 33.34 33.34 100m: 1:13.04	05 Louzan Natacao	2:32.88 200m: 2:32.88	506 33.66
3. Beatriz Ferreira, GASPAS 50m: 33.23 33.23 100m: 1:12.59	04 Uniao Coimbra	2:33.57 200m: 2:33.57	499 35.06
4. Camila Alexandra, SILVA 50m: 33.74 33.74 100m: 1:14.92	03 Columbofila Cantanhedense	2:33.90 200m: 2:33.90	496 33.16
5. Beatriz Costa, TEJO 50m: 33.14 33.14 100m: 1:15.59	02 Academica de Coimbra	2:33.98 200m: 2:33.98	495 33.42
6. Ana Carolina, NEVES 50m: 34.08 34.08 100m: 1:13.45	00 Academica de Coimbra	2:35.70 200m: 2:35.70	479 35.58
7. Ana Luisa, RODRIGUES 50m: 33.88 33.88 100m: 1:14.17	03 Louzan Natacao	2:36.40 200m: 2:36.40	473 35.31
8. Beatriz Monteiro, TOMAS 50m: 34.56 34.56 100m: 1:16.35	03 Fundacao Beatriz Santos	2:36.90 200m: 2:36.90	468 36.63

Torneio de Preparação ANC - PC
Condeixa, 1-11-2019

Prova 15, Femin., 200m Estilos, Absoluto

Lugar			Ano					Tempo final	Pts
9.	Ines Mariana, PINHEIRO	03	Academica de Coimbra					2:39.75	443
	50m: 33.36 33.36	100m: 1:15.62	42.26	150m: 2:06.55	50.93	200m: 2:39.75	33.20		
10.	Matilde Alves, FLORENCIO	04	Condeixa Clube					2:40.83	434
	50m: 34.17 34.17	100m: 1:18.05	43.88	150m: 2:04.32	46.27	200m: 2:40.83	36.51		
11.	Sara Sofia, TEJO	03	Condeixa Clube					2:41.84	426
	50m: 34.84 34.84	100m: 1:17.33	42.49	150m: 2:05.30	47.97	200m: 2:41.84	36.54		
12.	Leonor Horta, COSTA	04	Uniao Coimbra					2:45.70	397
	50m: 37.37 37.37	100m: 1:19.35	41.98	150m: 2:06.85	47.50	200m: 2:45.70	38.85		
13.	Matilde Domingues, GAMEIRO	97	Nautico Academico					2:46.75	390
	50m: 35.27 35.27	100m: 1:17.70	42.43	150m: 2:08.74	51.04	200m: 2:46.75	38.01		
14.	Marta Domingues, GAMEIRO	04	Nautico Academico					2:47.56	384
	50m: 39.59 39.59	100m: 1:22.96	43.37	150m: 2:11.37	48.41	200m: 2:47.56	36.19		
15.	Matilde Fonseca, OLIVEIRA	06	Miranda do Corvo					2:48.81	376
	50m: 37.47 37.47	100m: 1:20.29	42.82	150m: 2:10.02	49.73	200m: 2:48.81	38.79		
16.	Mariana Marques, ALMEIDA	07	Academica de Coimbra					2:49.79	369
	50m: 37.59 37.59	100m: 1:22.41	44.82	150m: 2:10.58	48.17	200m: 2:49.79	39.21		
17.	Maria Lucas, SANTOS	05	Condeixa Clube					2:49.88	369
	50m: 36.73 36.73	100m: 1:21.69	44.96	150m: 2:11.37	49.68	200m: 2:49.88	38.51		
18.	Ana Filipa, SILVA	04	Academica de Coimbra					2:49.94	368
	50m: 36.58 36.58	100m: 1:21.12	44.54	150m: 2:14.18	53.06	200m: 2:49.94	35.76		
19.	Ana Sofia, CASTANHEIRA	04	Condeixa Clube					2:50.00	368
	50m: 39.23 39.23	100m: 1:25.94	46.71	150m: 2:13.42	47.48	200m: 2:50.00	36.58		
20.	Maria Ines, ALVES	05	Academica de Coimbra					2:50.82	363
	50m: 38.06 38.06	100m: 1:23.54	45.48	150m: 2:11.24	47.70	200m: 2:50.82	39.58		
21.	Rita Lima, PIRES	05	Nautico Academico					2:53.46	346
	50m: 41.44 41.44	100m: 1:24.56	43.12	150m: 2:14.55	49.99	200m: 2:53.46	38.91		
22.	Ines Alves, DIAS	06	Fundacao Beatriz Santos					2:56.62	328
	50m: 39.36 39.36	100m: 1:25.66	46.30	150m: 2:17.32	51.66	200m: 2:56.62	39.30		
23.	Ines Dias, CRUZ	04	Condeixa Clube					2:58.14	320
	50m: 37.18 37.18	100m: 1:23.06	45.88	150m: 2:16.70	53.64	200m: 2:58.14	41.44		
24.	Madalena Barra, MEDEIROS	06	Vigor da Mocidade					2:58.60	317
	50m: 38.79 38.79	100m: 1:24.94	46.15	150m: 2:18.46	53.52	200m: 2:58.60	40.14		
25.	Maria Beatriz, RODRIGUES	04	Condeixa Clube					2:58.78	316
	50m: 40.08 40.08	100m: 1:25.51	45.43	150m: 2:19.77	54.26	200m: 2:58.78	39.01		
26.	Helena Carolina, DINIS	05	Academica de Coimbra					2:58.93	315
	50m: 38.74 38.74	100m: 1:24.87	46.13	150m: 2:16.26	51.39	200m: 2:58.93	42.67		
27.	Filipa Moniz, PISSARRO	05	Academica de Coimbra					3:01.87	300
	50m: 44.06 44.06	100m: 1:30.35	46.29	150m: 2:21.22	50.87	200m: 3:01.87	40.65		
28.	Beatriz Beja, AFONSO	04	Academica de Coimbra					3:06.42	279
	50m: 42.60 42.60	100m: 1:30.50	47.90	150m: 2:25.78	55.28	200m: 3:06.42	40.64		
29.	Joana Beatriz, RODRIGUES	04	Academica de Coimbra					3:06.97	276
	50m: 40.21 40.21	100m: 1:30.57	50.36	150m: 2:25.84	55.27	200m: 3:06.97	41.13		
30.	Francisca Santos, FERNANDES	08	Miranda do Corvo					3:09.00	268
	50m: 41.97 41.97	100m: 1:29.90	47.93	150m: 2:26.76	56.86	200m: 3:09.00	42.24		
31.	Cristiana Sofia, DUARTE	07	Vigor da Mocidade					3:17.05	236
	50m: 44.93 44.93	100m: 1:37.29	52.36	150m: 2:34.73	57.44	200m: 3:17.05	42.32		
32.	Julia Maria, SOARES	08	Miranda do Corvo					3:17.83	233
	50m: 44.10 44.10	100m: 1:35.57	51.47	150m: 2:35.66	1:00.09	200m: 3:17.83	42.17		

Torneio de Preparação ANC - PC
Condeixa, 1-11-2019

Prova 15, Femin., 200m Estilos, Absoluto

Lugar	Ano	Tempo final	Pts
33. Raquel Filipa, JESUS 50m: 47.32 47.32 100m: 1:37.34	08 Fundacao Beatriz Santos	3:18.52 3:18.52 43.47	231
34. Mariana Vaz, ALVES 50m: 46.63 46.63 100m: 1:41.91	06 Academica de Coimbra	3:21.08 3:21.08 45.64	222
35. Catarina Almeida, OLIVEIRA 50m: 47.78 47.78 100m: 1:40.93	08 Fundacao Beatriz Santos	3:24.80 3:24.80 46.43	210
36. Catarina Sargaco, TEIXEIRA 50m: 51.57 51.57 100m: 1:43.80	08 Columbofila Cantanhedense	3:26.91 3:26.91 43.73	204
37. Ana Sofia, PARAISO 50m: 48.76 48.76 100m: 1:43.33	08 Fundacao Beatriz Santos	3:28.52 3:28.52 45.11	199
38. Carolina Vaz, ALVES 50m: 48.77 48.77 100m: 1:45.08	08 Academica de Coimbra	3:29.80 3:29.80 48.37	195
39. Sofia Neto, FERREIRA 50m: 47.67 47.67 100m: 1:44.07	08 Fundacao Beatriz Santos	3:33.27 3:33.27 46.63	186
40. Maria Gabriela, RANGEL 50m: 53.05 53.05 100m: 1:52.16	08 Fundacao Beatriz Santos	3:45.82 3:45.82 48.20	157
41. Beatriz Costa, MATOS 50m: 53.66 53.66 100m: 1:51.61	07 Fundacao Beatriz Santos	3:49.28 3:49.28 50.44	150
42. Laura Carvalho, FERNANDES 50m: 1:02.89 1:02.89 100m: 2:06.15	08 Fundacao Beatriz Santos	4:21.48 4:21.48 54.19	101
DSQ Lara Sofia, SANTOS	06 Vigor da Mocidade		
<i>a atleta na viragem aos 150m tocou apenas com uma mão na parede</i>			
DSQ Maria Caetano, LAMAS	04 Miranda do Corvo		
<i>tocou apenas com uma mão na viragem aos 150m</i>			
DNS Ana Sequeira, FLORINDO	02 Nautico Academico		
DNS Angela Rodrigues, REBELO	07 Louzan Natacao		
DNS Camila Rodrigues, REBELO	03 Louzan Natacao		

Prova 16
01-11-2019 - 19:30

Masc., 4 x 200m Livres

Absoluto
Resultados

Pontos: FINA 2019

Lugar	Tempo final	Pts	
1. Académica de Coimbra Gustavo Almeida, MADUREIRA 94 Miguel Caridade, GASPAR 99 Francisco Miguel, CARVALHO 00 Miguel Freitas, OVIEDO 02	Academica de Coimbra 26.42 56.10 1:28.21 2:00.01 28.82 1:00.82 1:33.08 2:05.12 29.37 1:02.85 1:37.03 2:10.33 28.93 1:01.74 1:35.64 2:08.01	8:23.47 2:00.01 2:05.12 2:10.33 2:08.01	527
2. Fundacao Beatriz Santos Miguel Diogo, AGOSTINHO 00 Jose Miguel, VENTURA 97 Rodrigo Santos, LADEIRA 97 Ricardo Luis, AGOSTINHO 96	Fundacao Beatriz Santos 27.73 58.84 1:30.48 2:01.46 28.72 1:01.91 1:36.77 2:11.32 28.45 1:00.02 1:32.78 2:05.56 30.81 1:06.38 1:42.62 2:17.83	8:36.17 2:01.46 2:11.32 2:05.56 2:17.83	489
3. Condeixa Clube Tomas Pedrosa, MIGUEL 02 Paulo Andre, FROTA 02 Claudio Rafael, CORDEIRO 02 Goncalo Silva, MARQUES 01	Condeixa Clube 28.46 1:01.05 1:35.04 2:09.01 29.89 1:02.42 1:35.24 2:07.66 29.99 1:03.49 1:37.97 2:11.05 29.33 1:02.98 1:37.35 2:11.22	8:38.94 2:09.01 2:07.66 2:11.05 2:11.22	481
4. Académica de Coimbra Jose Pedro, ANTUNES 00 Diogo Luis, BREDA 01 Goncalo Moreira, SANTOS 01 Gabriel Jose, JULIO 01	Academica de Coimbra 28.03 1:00.30 1:34.60 2:08.02 30.37 1:03.62 1:38.45 2:12.68 29.44 1:03.34 1:38.41 2:12.70 30.06 1:04.54 1:40.32 2:16.19	8:49.59 2:08.02 2:12.68 2:12.70 2:16.19	453

Torneio de Preparação ANC - PC
Condeixa, 1-11-2019

Prova 16, Masc., 4 x 200m Livres, Absoluto

Lugar					Tempo final	Pts
5.	Académica de Coimbra		Academica de Coimbra		8:58.36	431
	Carlos Manuel, MARQUES	00	29.34	1:00.93	1:34.12	2:07.20
	Francisco Alberto, LUCAS	00	30.52	1:05.88	1:42.01	2:16.52
	Rodrigo Alexandre, PATRICIO	98	29.12	1:03.38	1:39.42	2:13.36
	Bernardo Jorge, VENTURA	03	31.52	1:07.38	1:44.51	2:21.28
6.	Condeixa Clube		Condeixa Clube		10:05.17	303
	Guilherme Marques, PEREIRA	06	32.60	1:09.65	1:47.94	2:24.99
	Jose Miguel, MARQUES	06	34.46	1:14.27	1:54.27	2:32.95
	Diogo Cura, NEVES	06	35.87	1:16.93	1:57.79	2:35.99
	Miguel Bernardo, ARAUJO	06	34.16	1:14.39	1:54.09	2:31.24
7.	Académica de Coimbra		Academica de Coimbra		10:38.18	259
	Dinis Raimundo, SILVA	05	32.72	1:11.23	1:50.85	2:28.58
	Guilherme Marques, ALMEIDA	07	37.46	1:21.08	2:06.01	2:49.25
	Martim Pedro, DUARTE	07	39.14	1:24.50	2:10.96	2:52.47
	Antonio, GLAVATSKY	05	34.46	1:12.83	1:51.86	2:27.88
8.	Académica de Coimbra		Academica de Coimbra		10:41.62	254
	Rodrigo Costa, CRUZ	06	35.25	1:14.88	1:55.93	2:35.65
	Joao Ferreira, MARQUES	06	36.91	1:19.46	2:03.85	2:44.51
	Miguel Joao, PINHEIRO	06	34.83	1:16.53	2:00.67	2:42.13
	Edgar Tavares, MENDES	06	34.56	1:15.10	1:58.20	2:39.33

Prova 17
01-11-2019 - 19:40

Femin., 4 x 200m Livres

Absoluto
Resultados

Pontos: FINA 2019

Lugar					Tempo final	Pts
1.	Académica de Coimbra		Academica de Coimbra		9:35.57	487
	Ines Mariana, PINHEIRO	03	32.24	1:07.80	1:44.92	2:21.24
	Ana Carolina, NEVES	00	31.38	1:06.85	1:43.37	2:19.25
	Ana Filipa, SILVA	04	34.98	1:13.62	1:52.91	2:31.38
	Beatriz Costa, TEJO	02	33.24	1:09.82	1:46.89	2:23.70
2.	Nautico Academico		Nautico Academico		10:33.01	366
	Maria Vitoria, GRILO	06	33.41	1:12.58	1:52.38	2:30.77
	Laura Torrao, CARVALHO	05	36.98	1:18.75	2:02.01	2:44.84
	Rita Lima, PIRES	05	35.73	1:17.68	1:59.03	2:39.39
	Joana Filipa, VARELA	06	35.72	1:15.65	1:57.25	2:38.01
3.	Académica de Coimbra		Academica de Coimbra		10:34.14	364
	Laura Rodrigues, MARGATO	04	35.82	1:15.22	1:55.23	2:34.29
	Barbara Azambujo, MELO	02	33.55	1:12.14	1:51.58	2:30.67
	Beatriz Beja, AFONSO	04	38.26	1:20.93	2:05.24	2:47.50
	Filipa Victor, VIEIRA	04	37.12	1:18.31	2:00.54	2:41.68
4.	Académica de Coimbra		Academica de Coimbra		10:47.08	342
	Matilde Neves, CRAVEIRO	06	35.31	1:13.84	1:52.31	2:30.10
	Cristiana Sofia, ESCADA	07	37.66	1:19.98	2:04.08	2:46.03
	Ana Beatriz, CAMPOS	08	39.04	1:24.01	2:10.09	2:53.95
	Mariana Marques, ALMEIDA	07	36.71	1:17.63	1:58.39	2:37.00
5.	Académica de Coimbra		Academica de Coimbra		10:56.69	327
	Helena Carolina, DINIS	05	37.87	1:20.61	2:05.19	2:48.56
	Maria Ines, ALVES	05	34.64	1:14.62	1:55.67	2:34.91
	Joana Beatriz, RODRIGUES	04	39.02	1:22.60	2:06.29	2:48.72
	Filipa Moniz, PISSARRO	05	37.97	1:20.20	2:03.48	2:44.50
6.	S. Pedro Alva		S. Pedro Alva		13:27.58	176
	Rafaela Ferreira, MIGUEL	06	45.65	1:36.56	2:29.45	3:19.49
	Filipa Pereira, SILVA	04	44.47	1:36.11	2:31.75	3:25.06
	Ines Henriques, SOUSA	04	49.44	1:45.47	2:41.81	3:33.09
	Matilde Rodrigues, COSTA	07	43.84	1:32.27	2:21.30	3:09.94